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Prologue: The Worldview of Expansion and Reduction Monism (1/5)

The world we live in, both visible and invisible, is in a constant state of change and cycle. Stars expand, galaxies rotate, and life on Earth grows and decays. The human heart, too, is constantly fluctuating between joy and sorrow, passion and depression. However, there are limits to explaining these phenomena with mere coincidence or fragmentary laws. This is because all phenomena are connected to a more fundamental source. This is because the world is governed by a universal “principle of movement.” The expansion-contraction monism advocated in this book is a theory that condenses the tax-source principle into two poles, “expansion” and “reducing income,” and provides a unified understanding of all phenomena in the world.

The starting point of expansion-contraction monism is the origin of all things. When we think about the birth of the universe, we often imagine it being created from “nothing.” However, this “nothing” is not simply an empty garden. Rather, it is a “state close to nothingness” that holds the potential for both expansion and contraction, and within it lies

the latent power that gives rise to the germs of time, space, and matter. This state does not yet have a form, and there is no distinction between matter and energy. However, it possesses the power to create phenomena in response to the two movements of expansion and contraction, and the universe began to develop from this “potential word.”

Prologue: The Worldview of Expansion and Reduction Monism (2/5)

The core of this theory is the understanding that all physical, psychological, and social phenomena follow cycles of expansion and contraction. For example, the process by which nebulae expand to form galaxies is a symbol of expansion, while the death of stars and the contraction of galaxies are symbols of contraction. Human psychology also follows the same principles. Creative passion and deep love are acts of expansion, while fear, self-control, and introspection manifest as movements of contraction. Furthermore, the development and collapse of social structures within civilizations also occur along this universal rhythm. From this perspective, the world can be understood not as a chaotic accumulation of coincidences, but as a “creative whole” possessing order and circulation.

Furthermore, the nature of time also plays an important role in the theory of expansion. Time does not flow linearly, but exists in a cycle that follows the rhythm of expansion and contraction. Past and future, creation and destruction, constantly replace and circulate according to this rhythm. The moment we call “now” is merely a point where the waves of expansion and contraction intersect. Human consciousness is also shaped by these waves.

Prologue: The Worldview of Expansion and Reduction Monism (3/5)

The concept of “the extremes of expansion and contraction approaching nothingness” is extremely important in understanding expansion and contraction monism. The beginning of all things was in a state where neither expansion nor contraction prevailed. This state is different from physical black, but is a state of “potential motion” that holds the possibility of future expansion or contraction. From this state, the universe evolved and gave rise to diverse structures, life, and consciousness. Understanding this “potential dynamic” is at the heart of monism and the key to understanding the unifying principle behind all phenomena.

As a concrete example, consider the growth of a plant. When a sprout emerges from the ground, it is expansion; when unnecessary talk or branches are dropped, it is contraction.

The same is true in human society. The expansion and decline of nations and civilizations shows a pattern of expansion and contraction. The same is true in psychological growth; self-expression and the absorption of knowledge correspond to expansion, while the suppression of introspection corresponds to shrinking. In this way, nature, society, and psychology all operate under the universal principle of expansion and contraction.

Prologue: The Worldview of Expansion and Reduction Monism (Extended Edition 4/5)

Scalar monism is a framework that combines philosophical insight with scientific observation. Philosophy explores the nature of existence, nonexistence, and consciousness, but often struggles to connect these insights to concrete phenomena. Science, on the other hand, models observable phenomena but fails to articulate the meaning behind unifying principles. Scalar monism unifies these two, providing a path to understanding physics, psychology, society, culture, and time all within a single theoretical framework.

This theory can also be applied to the way individuals live their lives. By being aware of the movement of expansion and contraction, we can avoid excessive expansion or excessive restraint and maintain psychological and social balance. By being aware of expansion in situations that promote creativity and drive, and contraction in situations that require restraint or introspection, we can promote personal growth and harmony.

Introduction: The Worldview of Contractive Monism (5/5)

In conclusion, expansion-contraction monism is a perspective for understanding the world in an integrated manner. All things are born from the potential for expansion and contraction, which is close to black, and are constantly changing over time. This unifying principle can be used to interpret the universe, life, culture, psychology, and society. In the future, it could be applied to new scientific explorations, philosophical speculation, the design of social systems, and even guidelines for personal lifestyles. Understanding the cycle of expansion and contraction and flexibly harmonizing it is the key to a deep and rich connection with the world.

Chapter 1: Expansion and Contraction of Consciousness and Time

Chapter 2

Part 1: Conscious Time Perception

Time exists not only in the progression of physical phenomena, but also in the sensations experienced by our consciousness. In everyday life, we may experience things like “time passing quickly” or “time feels slow,” but this is not simply a psychological illusion; it is evidence that the structure of consciousness itself is involved in the perception of time. From the perspective of expansion/contraction monism, physical time and psychological time are not separate entities, but rather they influence each other through the fundamental movements of expansion and contraction.

Consciousness functions as a device that integrates past memories, present sensations, and future predictions. Memory recreates the past, and predictions construct the future. The present exists in consciousness as a mediating point connecting the past and the future. Because our perception of time is formed by the integration of these three layers, it does not necessarily correspond to objective time in terms of physical grains of sand or minutes. For example, in dangerous situations, time may seem to be moving in “slow motion,” because consciousness experiences information processing in an expanded way from moment to moment. Conversely, in boring situations, time seems shorter, which can be interpreted as a contracting function of consciousness at work.

In expansion-contraction monism, the expansion and contraction of psychological time is considered to be analogous to the temporal movement of the universe. Temporal changes in matter, such as the revolution of a planet or the metabolism of a cell, are measured on a physical scale. On the other hand, the time perceived by consciousness is determined by how information is received and processed within that physical movement. From this perspective, time does not have a dual structure of “something that exists objectively” and “something that is experienced subjectively,” but can be understood as a unified phenomenon through the principles of expansion and contraction.

There is another important aspect to conscious time perception: the sense that “consciousness can control the flow of time.” In meditation or a state of concentration, consciousness can partially expand or contract the flow of time. When recalling past events in detail, consciousness can “go back” in time. When planning for the future, consciousness can “look ahead” in time. In this way, consciousness, as an entity with the ability to manipulate time, can be said to be not just a passive observer, but an active subject involved in the expansion and contraction of time.

Part 2: The concept of psychological time in expansionary monism

Psychological time is the “internal length of time” perceived by our consciousness, and does not necessarily correspond to objective time. This time changes depending on the density of experience and the level of concentration of consciousness. For example, moments of happiness seem to pass by too quickly, while times of pain or tension seem long. This phenomenon is not simply a subjective illusion, but an effect of time expansion and contraction built into the very structure of consciousness. Expansion and contraction monism holds that the representation of time that occurs within consciousness can be explained using the same principles as the expansion and contraction of physical time.

Psychological time dilation occurs when the density of our attention or emotions increases. In situations of danger, surprise, or strong emotion, we perceive moments as longer. This is the result of our consciousness analyzing information in detail, causing us to experience the passage of time “densely.” Conversely, during monotonous tasks or unconscious actions, our consciousness experiences the flow of time as compressed, making time seem shorter. Here we can see evidence that consciousness actively manipulates the expansion and contraction of time.

Furthermore, psychological time is expanded by memory and future prediction. Because humans retain past experiences and have the ability to predict the future, their current consciousness has a “time span” that spans the past and future. This means that psychological time is not simply a linear flow, but has a multi-layered, three-dimensional structure. This multi-layered nature indicates that consciousness can simultaneously manipulate the past and future, and that the expansion and contraction of time can be adjusted by manipulating consciousness.

Expansion and contraction monism does not separate psychological time and physical time, but rather views them as a unified whole. Consciousness not only experiences time subjectively, but also influences physical phenomena. Changes in heart rate and metabolism due to concentration and contemplation are examples of this. When changes in consciousness affect physical processes, an interaction between psychological time and physical time becomes apparent. This perspective transcends the division between “objective” and “subjective” in the traditional concept of time, and makes possible an integrated understanding through expansion and contraction monism.

More importantly, the expansion of psychological time is directly linked to creativity,

learning, and decision-making. Consciousness that can expand time and grasp experiences in detail allows for a deeper understanding of past learning and more accurate predictions of the future. Conversely, contracting time contributes to quicker judgments and actions. In this way, the expansion and contraction of psychological time can be said to be an important mechanism for optimizing the functioning of consciousness. Part 3: An integrated model of consciousness and time (1/3)

To understand the relationship between consciousness and time, it is necessary to view time not simply as an external measure, but as a phenomenon closely linked to the state of consciousness. In expansion/contraction monism, time is based on the two fundamental principles of movement: expansion and contraction. This movement operates not only in the physical world but also within consciousness. Consciousness not only receives time from the external world as an experience, but can also internally manipulate the expansion and contraction of time itself.

Consciousness is an information integration device. By integrating sensory information, memories, and predictions, we construct the present moment as an experience. During this process, consciousness selectively expands or contracts time, adjusting the density of the experience. For example, in a crisis situation, consciousness makes time seem “longer” and analyzes important information in detail. On the other hand, during habitual or automated behavior, consciousness compresses time “shorter” and allows us to act efficiently.

Psychological experiments have also widely confirmed that attention and emotions affect the perception of time. In a state of high concentration, the amount of information in each moment increases, causing subjective time to stretch. Conversely, in a state of boredom or unconsciousness, the amount of information processed decreases, making time seem shorter. Expanding box monism explains these phenomena not as mere psychological illusions, but as an expansion and contraction of time that is rooted in the essential structure of consciousness.

Furthermore, consciousness has the ability to experience time not just as a succession of temporal patterns, but also in a multi-dimensional, three-dimensional way. Memories of the past and predictions of the future overlap with present consciousness, forming a three-dimensional psychological time. This three-dimensional structure allows consciousness to revise the past, reconstruct the future, and optimize behavior. The expansion and contraction of time is closely linked to the manipulation of this multi-layered

consciousness.Part 3: An integrated model of consciousness and time (2/5)

To understand the relationship between consciousness and time more deeply, we need to consider the hierarchical structure of consciousness. Expansionary monism holds that consciousness processes time not as a single continuum, but as multiple layers. For example, at the sensory level, time is perceived in very short units, and we respond sensitively to momentary changes. At the memory and thought level, time is integrated over long spans, and we consciously manipulate the past and future. These layers interact with each other to form the temporal rhythm of conscious experience.

Emotions also have a significant impact on the expansion and contraction of time. Strong emotions such as fear and tension accelerate information processing, creating the illusion of time being stretched. On the other hand, feelings of happiness and security stabilize conscious information processing, creating a subtle sense of the flow of time. This allows consciousness to act as the agent of time, rather than simply a passive experiencer of time.

Furthermore, the manipulation of time within consciousness is also related to learning and creativity. In the process of creative thinking and problem-solving, consciousness needs to handle different time scales simultaneously. Instantaneous inspiration and long-term planning are achieved by integrating seemingly contradictory senses of time. Expansionary monism positions the dual movement of expansion and contraction as the fundamental principle that makes this integration possible.

The conscious sense of time is also influenced by social context. Culture, customs, and language structures determine how people perceive and share time. For example, some cultures perceive time linearly and place importance on planning and foresight. On the other hand, in cultures with a cyclical view of time, the past, present, and future are closely connected, and individual consciousness is influenced by this. Dilational theory interprets such cultural variations as a form of conscious time expansion and contraction.

Part 3: An integrated model of consciousness and time (3/5)

A neuroscientific perspective is also useful for further understanding the hierarchical structure of consciousness and the manipulation of time. Neural networks in the brain integrate temporal information through oscillations in different frequency bands. High-frequency gamma waves are involved in the processing of instantaneous sensory

information, while low-frequency theta and delta waves contribute to long-term memory and prediction. From the perspective of expansion-contraction monism, these neural oscillations are neural expressions of the movements of “expansion” and “contraction,” and form the basis for consciousness to freely expand and contract time. Ru.

Physical rhythms also affect the time integration of consciousness. Rhythms such as heartbeat, breathing, and walking make subtle adjustments to time perception. For example, by consciously adjusting your breathing, you can more easily sense the psychological compression or expansion of time. This phenomenon suggests that reminiscence and breathing techniques are effective in transforming mental states and the sense of time. In other words, the sense of time in consciousness is linked not only to the brain, but also to the biological rhythms of the entire body.

From the perspective of creativity and learning, consciousness has the ability to flexibly “fold” and “stretch” time. This ability is important when applying past experience to predict the future. For example, when generating new ideas, the brain needs to simultaneously refer to and combine memories and experiences from different time scales. In expansion-contraction monism, this process is positioned as “expansion of consciousness time” and is understood as a fundamental principle of creativity.

The expansion and contraction of consciousness’ time is also important in social interactions. When communicating with others, it is necessary to adjust the timing of speech and actions. Consciousness forms understanding and empathy by synchronizing with the other person’s sense of time. This time adjustment transcends individual subjective time and contributes to the creation of communal time. Expansion and contraction monism also sees the process by which individual consciousness flexibly adapts to social time as a dual movement of expansion and contraction.

Part 3: An integrated model of consciousness and time (4/5)

The ability of consciousness to manipulate time is also evident in dreams and the world of imagination. In dreams, a few minutes of sleep can feel like several hours. This is evidence that the brain is freed from the constraints of time in the real world and reconstructs time according to the rhythm of internal information processing. Expansion-contraction monism interprets this dream-time phenomenon as an “internal expansion of consciousness” and sees it as demonstrating the separability of physical time and psychological time.

Furthermore, the manipulation of time in consciousness also affects learning efficiency and memory retention. When learning, condensing and repeating information into a certain period of time is nothing more than an act of psychologically compressing time. In this process, the brain adaptively changes its sense of time in order to efficiently integrate information. Conversely, In this type of repetitive contemplation, time can be expanded to gain deeper understanding and insight. Thus, consciousness maximizes the efficiency of learning and creation through the dual manipulation of time: expansion and contraction.

Consciousness' manipulation of time also plays a complex role in social contexts. When humans behave in groups, they need to synchronize each individual's sense of time. For example, time integration within a group is essential in music, dance, and collaborative work. In expansion/contraction monism, this phenomenon of collective time synchronization can also be understood as an extension of an individual's consciousness' ability to manipulate time. In other words, the ability of individual consciousness to freely manipulate time is also the basis for social order and cooperative behavior.

If we further explore the relationship between consciousness and time, we cannot overlook the connection with emotions. Strong emotions such as fear and joy dramatically change our sense of time. In moments of fear, we experience the sensation that time is passing slowly, which occurs when consciousness expands information processing to its utmost limits. In moments of joy, we experience the sensation that time passes by in the blink of an eye. This is another phenomenon in which consciousness psychologically compresses time, demonstrating the close connection between emotions and the perception of time.

Part 3: An integrated model of consciousness and time (5/5)

Integrating the discussion so far, it becomes clear that consciousness, by freely expanding and contracting time, supports all human activities, including learning, creativity, social cooperation, and emotional experiences. Expansion-contraction monism positions this ability of consciousness to manipulate time as an essential element for the development of human intelligence and culture.

Furthermore, this model can also be applied to future predictions and decision-making processes. By compressing time, consciousness can integrate past information in a short period of time, while by expanding it, it can consider long-term impacts. This dual

manipulation of time allows humans to make appropriate decisions even in complex situations. Psychologically, this is thought to be the basis of planning and problem-solving abilities.

The Integrated model of consciousness and time also sheds new light on philosophical questions. It provides an opportunity to redefine philosophical issues involving time and consciousness, such as the problem of free will, maintaining one's identity, and the view of life and death. In Xantao monism, time is not a fixed, linear concept, but is manipulated and reconstructed by consciousness. This allows individual experiences and perceptions to be understood in a more multidimensional way, not simply bound by the physical flow of time.

Finally, research into the ability of consciousness to manipulate time can be applied to the development of artificial intelligence and human augmentation technology. If AI and brain-augmenting devices could be equipped with the healing power to compress and expand time like humans, we can expect to see improvements in learning efficiency and enhanced creativity. Expansion/contraction monism is also valuable as a theoretical foundation for an integrated understanding of human and machine intelligence.

Thus, in Part 3, we explored the relationship between consciousness and time, broadening our consideration to include physical time, psychological time, social time, and connections with emotions, as well as future prediction and AI applications. Consciousness' ability to manipulate time is clearly demonstrated by the theory of time expansion and contraction as a universal principle essential to the development of human intelligence, culture, and technology.

Part 4: Expansion of Matter and Energy (1/5)

The world of matter and energy can also be understood from the perspective of expansion and contraction monism. Classical physics and quantum mechanics have measured and formulated laws regarding the behavior of matter and energy in time and space. However, expansion and contraction monism understands matter itself as a manifestation of the fundamental movement of "expansion and contraction."

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For example, the movement of atoms and molecules can be interpreted not as simple

collisions and vibrations, but as repeated expansion and contraction. The expansion and contraction of electrons, and the formation and disintegration of molecular bonds, can also be seen as a dynamic balance of expansion and contraction. From the perspective of expansion and contraction, the physical law of conservation of energy is also synonymous with maintaining the energy balance between expansion and contraction.

Furthermore, the movement of celestial bodies and the expansion of the universe take on new meaning from the perspective of expansion-contraction monism. The collision of galaxies, the formation of clouds, and the contraction of black holes are not simply random phenomena, but can be interpreted as a dynamic harmony of expansion and contraction on a cosmic scale. This principle is consistently applicable from the microscopic scale of matter to the cosmic scale, and is the key to a comprehensive understanding of the phenomena of matter and energy. Part 4: The Expansion Principle of Matter and Energy (2/5)

When we look more closely at the internal structure of matter, the cycle of expansion and contraction becomes even clearer. The same can be said for the binding energy of protons and neutrons in an atomic nucleus. Stability is maintained by the interaction of expansion and contraction. The local concentration and diffusion of energy is exactly a continuous cycle of contraction and expansion, and as long as this cycle exists, matter will continue to exist without disappearing, even as it changes form.

Furthermore, changes in the state of matter – solid, liquid, gas, plasma – can also be understood in terms of expansion and contraction. For example, the evaporation of water is the moment when the expansion movement of molecules becomes dominant, while freezing is a phenomenon in which contraction movement becomes dominant. In other words, changes in state are not simply changes due to external conditions, but can be understood as a phenomenon in which the balance of internal details becomes apparent.

Furthermore, the uncertainty principle of quantum mechanics can also be interpreted in a new way from the perspective of expansion and contraction. The uncertainty of position and momentum can be thought of as an inevitable manifestation of the repeated local expansion and contraction of particles. This principle is dominant even in the microscopic world, and the behavior of matter and energy follows the universal motion of expansion and contraction.

Part 4: The Expansion Principle of Matter and Energy (3/5)

Expanding our understanding of the behavior of matter, chemical reactions can also be understood as a chain of expansion and contraction. The formation of bonds in a chemical reaction corresponds to contraction, and the dissociation of bonds corresponds to expansion. The exchange of energy at the molecular level is a chain reaction of expansion and contraction, which determines chemical stability and the rate of change.

The same principle is observed in the bodies of living organisms. Metabolic processes and enzyme reactions within cells involve repeated localized concentration and dispersion of energy, and cells maintain their vital functions through expansion and contraction. Growth can be seen as the process by which the accumulation of contraction densifies the structure of the living body, while aging and death can be seen as the process by which excessive expansion leads to structural collapse.

On a cosmic scale, the formation of galaxies and stars also follows the dynamics of expansion and contraction. Contraction due to gravity brings celestial bodies together, while expansion due to radiation energy and explosions redisperses matter throughout space. In this way, the theory of expansion and contraction functions as a principle common to all phenomena, from the microscopic to the cosmic scale.

Part 4: The Expansion Principle of Matter and Energy (4/5)

Furthermore, this principle of expansion and contraction is deeply connected to the laws of physics, particularly the phenomena of thermodynamics and quantum mechanics. The increase in entropy in the second law of thermodynamics can be seen as the result of a global expansion that occurs in the midst of a series of local contractions. In other words, even if individual systems undergo contraction that creates order locally, the universe as a whole continues to expand. From this perspective, the dissipation of energy and the diffusion of heat can also be understood as necessary phenomena in monism.

At the quantum level, particle sifting can also be explained as a duality of expansion and contraction. The orbit of an electron is determined by a superposition of a bound state due to contraction and a wave state due to expansion. This duality suggests that the principle of contraction is always at work behind physical phenomena. The uncertainty principle of quantum mechanics can also be interpreted as a balance between the opposing movements of concentration of contraction and dispersion of expansion.

Part 5: An Integrated Perspective of Expansive Monism (5/5)

In this way, the theory of expansion and contraction applies not only to physical phenomena but also to all biological, psychological, and social systems. This is a universal principle that can be applied. The growth and aging of living organisms can be seen as a combination of local contraction (cell death and tissue reorganization) and global expansion (the development and evolution of organs). The same is true of psychological processes. The inner world of an individual is shaped by the repetition of these two movements: the condensation of thought and the diffusion of consciousness.

“When we look at social phenomena, we see that individual efforts and group activities are a series of local contractions and expansions, while the development of civilization and culture is a process of expansion as a whole. If we organize all activities, including politics, economics, science, and art, from the perspective of expansion-contraction monism, we can go beyond understanding individual phenomena and obtain more comprehensive and systematic insights.

In conclusion, holistic monism provides us with a new framework for understanding the universe, life, mind, and all dimensions of society. The pursuit of this theory has the potential to integrate existing academic fields and is key to understanding the multi-layered nature of phenomena. This will enable us to grasp the complex structures of the natural world and human society more intuitively and logically.

Chapter 3: Expansion and Contraction Monism and the Structure of Being (1/5)

Chapter 4

The core of expansion-contraction monism is the view that all existence is made up of a continuous process of expansion and contraction. In this chapter, we will explore in detail how the act of expansion and contraction shapes existence at the levels of matter, life, and consciousness. We will begin by examining the structure of matter.

In the material world, when atoms and molecules interact, local contraction and condensation occur, but overall expansion and diffusion occur simultaneously. This dual movement simultaneously guarantees the stability and dynamics of matter, and it becomes

possible to understand phenomena that cannot be explained by mere mechanics or the law of conservation of energy from the perspective of expansion and contraction. For example, the growth of a crystal is both the condensation of individual atoms and the expansion process of the entire crystal. In this way, local and global expansion and contraction movements simultaneously support the order and structure of matter. Chapter 2: Expanded Box Monism and the Structure of Being (2/5)

Next, if we turn our attention to the realm of life, the movement of expansion and contraction takes on an even clearer form. Living organisms repeatedly contract internally and expand externally during the processes of self-replication and growth. For example, during cell division, local contraction and condensation of the nucleus and cytoplasm occurs, while new cells and tissues expand. This process is not simply a physical phenomenon, but also the basis for the self-organization and adaptation of life. What is noteworthy here is that many life phenomena follow a pattern of “local contraction + global expansion.” This pattern is a common principle for maintaining existence, and expansion and contraction monism can provide a unified interpretation of this.

Furthermore, expansion and contraction also play an important role in the evolution of living organisms. Adaptation and responses to environmental change manifest themselves as the contraction and expansion of tissues and functions within individuals, as well as the expansion and diversification of the species as a whole. From this perspective, evolution is not simply the result of selection, but rather a manifestation of a dynamic equilibrium caused by expansion and contraction.

Chapter 2: Expansion and Contraction Monism and the Structure of Being (3/5)

When we look beyond physical and biological phenomena to the realm of psychology and consciousness, the concept of expansion and contraction appears in an intriguing way. Human cognition and emotion are based on a dual function: contraction within the self and expansion to the external world. For example, when solving a problem, we abstract and condense information internally, and then express the conclusions we reach externally through actions and language. This process also reflects the basic pattern of expansion and contraction monism.

The same principle can also be seen in social phenomena. While individuals and groups adjust and organize themselves, they also take actions that have an impact on the outside.

This cycle of “internal contraction and external expansion” is also an important structural principle in the formation of social order and culture. It is through individual thinking, decision-making, and group dynamics that Thus, the expansion and contraction movement acts as an invisible thread connecting the multi-layered network of existence.

The key to understand here is that expansion and contraction are not simply physical movements, but are the structural principles of all existence. At every level—matter, life, consciousness, and society—the opposing movements of contraction and expansion share a common fundamental pattern. Expansion and contraction monism is an attempt to discover this common pattern and provide a unified explanation.

Chapter 2: Monism and the Structure of Being (4/5)

The concept of expansion and contraction is also closely linked to our sense of time. When we recall the “past” and predict the “future,” internal information is condensed and external information is expanded simultaneously. Memory is the contraction of vast amounts of experience, while imagination and prediction are acts that expand that contracted information outward. Here again, we can see that expansion and contraction function as a basic cognitive process.

Furthermore, the principle of contraction can also explain the interaction between individual consciousness and social phenomena. Individual thoughts and emotions are contracted and abstracted within a social context, and then projected onto the outside world as actions and language. Meanwhile, information and cultural stimuli received from society are absorbed into individual consciousness and then re-concentrated internally. This two-way movement is a concrete example of the “dynamics of existence” depicted by expansion-contraction monism.

To grasp the structure of all existence, it is necessary to understand the movement of expansion and contraction not as a mere accidental phenomenon but as a principle on a cosmic scale. The movement of expansion and contraction observed in matter, life, consciousness, and society differs only in form and scale, but essentially follows the same unified principle. This understanding is the core of the “perspective of the integration of all things” that expansion and contraction monism aims for. Chapter 2: Expansion and Reduction and the Structure of Being (5/5)

Given this universality of expansion and contraction, we can understand existence as a “hierarchical movement.” Small phenomena are contractions of larger phenomena, and larger phenomena are expansions of smaller phenomena. For example, cell division is an expansion of life, but it is also a process of condensing information and functions within an individual. Individual behavior in society can also be understood as part of the expansion and contraction of the group.

Furthermore, the act of consciousness can also be explained in terms of expansion and contraction. Perception is the contraction of external information, while thought is the expansion of internal information. All of our acts of recognizing things, forming concepts, and creating are based on the movement of expansion and contraction. From this perspective, questions such as “What is existence?” and “What is consciousness?” can be clearly understood not as philosophical abstractions, but as the integration of movement and information.

In conclusion, expansion/contraction monism is not merely a theory, but a methodology for understanding the movement of all things in a unified way. Physical phenomena, life activities, psychological and social processes can all be explained in terms of two fundamental movements: expansion and contraction. Through this unifying principle, we can gain a deeper and more coherent understanding of the world.

Chapter 3 Expansion/Contraction Monism and Time (1/5)

Time is one of the things we sense most intuitively, yet it is also one of the most difficult concepts to define. The units of “seconds” and “minutes” measured by a clock are only one aspect of time, and the past, present, and future that we experience consciously should themselves be understood as a continuum of movement.

From the perspective of expansion-contraction monism, time is not simply a linear flow, but can be seen as a dual movement of expansion and contraction. The past is condensed in memory as contraction, and the future unfolds in imagination as expansion. The present is the point where these two intersect, the place where infinite expansion and infinite contraction intersect. In physics, time is not absolute, even in the theory of relativity or quantum mechanics, but is a relative concept that changes depending on the movement and position of the observer. If we look at this from the perspective of contraction monism, we can understand that the flow of time is not fixed, but rather a “deformation of movement”

due to interaction with the object being observed.

Chapter 3 Expansion/Contraction Monism and Time (2/5)

When we look at time from the perspective of expansion and contraction monism, we see that time is not simply a collection of “successive moments,” but rather a manifestation of a fundamental movement called contraction. Past events are contracted and stored in memory as condensed information. This is the same principle as the contraction of physical distance and quantity, and corresponds to the phenomenon of time being compressed psychologically as well.

On the other hand, the future can be perceived as expansion. There are countless possibilities for the future, and their shape is constantly changing depending on our conscious intentions and choices. Because the future is not yet determined, it contains multiple possibilities within its expanding movement. What is important here is that the flow of time itself changes depending on the object being observed and the state of consciousness.

The present moment is the intersection of a contracted past and an expanding future. Our consciousness is always present at this intersection, fluctuating between past experiences and future predictions. When we view this moment through the lens of expansion-contraction monism, the present is understood not as a fixed “now,” but as an intersection of ever-changing movement.

Chapter 3: Monism and Time (3/5)

Furthermore, the expansion and contraction of time is closely related to physical phenomena. For example, the theory of relativity is known to show that time passes more slowly for objects moving at speeds close to the speed of light. This is a prime example of how time is not absolute, but changes depending on the state of the observer. In expansion and contraction monism, this can be understood not simply as a physical phenomenon, but as a fundamental movement of expansion and contraction. In other words, the expansion and contraction of time can be interpreted as a local reflection of the fundamental expansion and contraction movement of the universe. A similar phenomenon can be observed at the level of consciousness. Psychology has shown that the sense of time changes when we are in a state of strong emotion or concentration. Time feels shorter when we experience pleasure,

while time feels longer when we experience pain or anxiety. This means that consciousness processes experiences by contracting or expanding them, and is evidence that the principle of “expansion and diminution” in extensional monism also applies to psychological time.

What is interesting here is that the expansion and contraction of time can also occur through the manipulation of consciousness. During meditation, concentration, and dream experiences, a different “expansion and contraction” occurs than in our normal sense of time. This suggests that consciousness directly influences the structure of time, and supports the plasticity of time in the theory of expansion and contraction.

Chapter 3 Expansion/Contraction Monism and Time (4/5)

Furthermore, to understand the expansion and contraction of time, we need to look at phenomena on a cosmic scale. Since the Big Bang, the universe has continued to expand, which is precisely the movement of “expansion.” However, at the same time, galaxies and other objects simultaneously contract due to gravity. This dual movement is a symbol of the “simultaneity of expansion and contraction” shown by expansion and contraction monism. If the expansion of the universe is linked to the progression of time, then time itself can also be thought of as a property that arises from the movement of expansion and contraction.

The nonlinearity of time is also evident from the perspective of quantum mechanics. In the process of determining reality through the observation of quantum states, time is not necessarily continuous, but exhibits discrete and nonlinear behavior. If this phenomenon is interpreted in terms of expansion and contraction monism, then “minute expansion and contraction” of time is constantly occurring at the quantum level. In other words, it becomes possible to understand time as not a fixed background, but a dynamic entity that is constantly changing.

Furthermore, human memory and cognition also affect the expansion and contraction of time. When we recall past events, we compress or expand them to fit the size of our current consciousness. Enjoyable experiences from the past seem short, while unpleasant ones seem long, because memories are subject to the expansion and contraction of consciousness. This phenomenon indicates the existence of subjective time, which is independent of the objective flow of time, and supports the “multi-layered nature of time” asserted by expansion and contraction monism.

Chapter 3 Expansion/Contraction Monism and Time (5/5) The expansion and contraction of time also affects the evolution of culture and society. For example, since the Industrial Revolution, humans have come to live according to clocks and schedules, standardizing our sense of time. Meanwhile, in the digital society, the high-speed transmission of information has compressed our sense of time and demanded instantaneous information processing. This is another manifestation of the expansion and contraction of time in consciousness and social structures.

From a philosophical perspective, time is not simply a physical length or sequence, but a measure of the transformation of existence itself. In expansion-contraction monism, time is a phenomenon that emerges as a result of the interaction between the “expanding universe” and the “contracting point of consciousness,” and the past, present, and future do not exist as absolute lines but as a continuum of expansion and contraction. The past is not a fixed record, but is reinterpreted according to the expansion and contraction of present consciousness, and the future appears as a possibility of unknown expansion.

Finally, the expansion and contraction of time is deeply connected to our way of life and our values. Rethinking time as an experience of expanding and contracting consciousness, rather than simply as something that “passes,” could fundamentally change the quality and meaning of our lives. Expansion and contraction monism is a philosophy that encourages active engagement with time rather than passive experience, and offers a unified perspective that spans the physical, psychological, and social dimensions.

Understood. Now, let's start creating Chapter 4 in about 5 parts.

First, decide on the title and summary of the fourth song.

Chapter 5: Monism and Being: The Integration of the Individual and the Whole

Chapter 6

Chapter 4 reexamines “existence” from the perspective of expansion/contraction monism. Existence as an individual (our consciousness and body) and existence as a whole (the universe and nature) are understood in an integrated manner through the movements of expansion and contraction. The boundary between the individual and the whole is not absolute; it changes with expansion/contraction, and the consciousness of the individual is

linked to the whole, and the whole is also expressed through the individual. This chapter combines philosophical, psychological, and physical perspectives to depict the multilayered nature of existence. Chapter 4 (1/5)

What is existence? In our daily lives, we generally perceive ourselves as individuals and clearly recognize the differences between ourselves and others and our environment. However, from the perspective of expansion-contraction monism, the individual is not an isolated entity, but is positioned within the interconnected expansion and contraction of the universe as a whole. Individual consciousness experiences expansion and contraction through the inner world of the self, and in the process, forms an interaction with the whole.

For example, when we observe phenomena in the natural world, we compare their size and time scales to our own senses. This comparison brings about an expansion and contraction in our senses, which ultimately provides clues to understanding the structure and order of the universe. When our consciousness is focused on a small part, we perceive the world in detail; conversely, when we expand, we intuitively sense the big picture and the order of the universe. This dual movement is the core of the experience of existence in expansion-contraction monism.

Chapter 4 (2/5)

In expansion-contraction monism, the relationship between the individual and the whole is not simply a comparison, but is deeply rooted in the very structure of existence itself. The expansion of the self means transcending the boundaries of the self and strengthening connections with the outside world and others, while the contraction of the self means focusing inward and exploring the depths of the self. These two movements correspond to the expansion and contraction of the physical universe and the expansion and contraction of psychological consciousness.

For example, introverted experiences such as meditation narrow the individual's consciousness and strengthen the core presence of the self. At the same time, scientific exploration and artistic endeavors expand the individual's consciousness, drawing out the ability to recognize the structure of the world around us and the universe. Zooming in and out is not simply a way of shifting perspective, but a means of directly experiencing the multi-layered nature of existence.

This cycle of expansion and contraction also relativizes the boundary between the individual and the whole. The boundary is not fixed, but flexibly changes depending on the expansion and contraction of consciousness. We often think of the self and others as separate, but expansion and contraction monism sees the inner world of the individual and the order of the whole as inseparable, existing in tandem with each other.

Chapter 4 (3/5)

Furthermore, expansion and contraction monism is deeply connected to our experience of time. When our consciousness expands, we are able to grasp information about the past and future in an integrated manner, and we experience the flow of time in a more three-dimensional way. On the other hand, when our consciousness contracts, we become more focused on the present moment, and time feels denser.

In this way, expansion and contraction are not simply spatial movements, but also affect temporal perception. Expanding consciousness broadens the time scale, enabling a longer-term, more comprehensive perspective. Conversely, contracting consciousness shortens the time scale, increasing the precision of moment-to-moment sensations and experiences. This dual movement is a mystery that lies in understanding the nature of life and consciousness.

Expansion-contraction monism can also be applied in social terms. When individuals connect with others and communities through the process of expansion, culture and values expand. Conversely, when individuals engage in self-reflection and self-integration through the process of contraction, their ethical views and philosophical insights deepen. These two movements also function as basic principles for balancing the individual and society, and the self and others.

Chapter 4 (4/5)

Even more interesting is the application of the theory of expansion and contraction to creativity and problem-solving. Expanding our consciousness enhances our ability to explore multiple perspectives and unknown possibilities, making it easier to understand abstract concepts and complex systems. This promotes scientific discovery, philosophical insight, and artistic expression. Meanwhile, contracting our consciousness enhances our ability to focus on specific problems, perform detailed analysis, and develop practical solutions.

These two movements are like a balance between the “power to lose” and the “power to concentrate.” By using them in an integrated manner, without leaning too heavily to one side, humans can perform more advanced cognitive activities. For example, when scientists construct a theory, they use their ability to zoom in to grasp the big picture, and when conducting experiments and verification, they use their ability to zoom out to focus on the details. It is this cycle that supports the deepening of knowledge and the creative process.

Furthermore, from a psychological perspective, expansion-contraction monism has explanatory power. The human mind is constantly expanding and contracting. The brain operates through a dynamic process of return, and changes in emotions and cognition can be understood along these lines. When we expand, empathy and intuition increase, while when we contract, analysis and self-control come into play. Understanding this rhythm can lead to a deeper understanding of ourselves and others, leading to greater mental health and growth.

Chapter 4 (5/5)

Furthermore, this perspective of scale-scale monism can also be applied to understanding society and culture. Looking at social phenomena and historical trends from a scale-scale perspective allows us to see patterns and structures that go beyond individual events. Conversely, analyzing from a scale-scale perspective allows us to understand the details of individual people, specific actions, and cultural characteristics. Combining these two approaches makes it possible to gain an integrated understanding of both society as a whole and individual actions.

Expansionary monism also has the power to force us to rethink our frameworks of time, space, and cognition. By introducing a dynamic perspective of expansion and contraction to conventional linear time and fixed spatial perceptions, we can gain an integrated understanding of the past, present, and future, and paint a multifaceted, multidimensional picture of the world. This could be the key to opening up new avenues of thought in science, philosophy, and art.

Thus, in Chapter 4, we provide insights into cognition, psychology, society, time, and space as concrete applications of expansion-contraction monism. In the next chapter, we will organize these theories in a more mathematical and structural way, and attempt to develop

them as universal principles common to all things.

Chapter 5: Box Monism and the Cosmology (1/5)

Applying expansion-contraction monism to the entire universe allows us to reinterpret the frameworks of conventional physics and cosmology. The universe is not simply a collection of matter or a continuation of time, but can be viewed as a dynamics of fundamental movement known as expansion and contraction. For example, the formation of galaxies and the creation of black holes can be understood as extreme expressions of expansion and contraction, rather than simply random phenomena. This perspective goes beyond the concepts of the Big Bang and the expansion of the universe, and leads to the construction of a new picture of the universe.

When we visually look at the structure of the universe, quantum behavior can also be seen as a movement of expansion and contraction. The creation and annihilation of particles and the conversion of energy are not merely physical processes, but can be explained as dynamic phenomena that follow the laws of expansion and contraction monism. This perspective is a bridge between quantum mechanics and the theory of relativity. It also has the potential to integrate the contradictions inherent in the editions.

Chapter 5: The Universe of Expansion and Contraction (2/5)

The expansion and contraction of the universe is closely linked to the flow of time and the structure of space. What we call “time” is merely an observation point of this expansion and contraction, a local perception of the dynamic changes in the universe as a whole. From this perspective, the past, present, and future do not flow linearly, but are seen as a pattern of alternating expansion and contraction. The future of the universe can be understood as a wave oscillating between two possibilities: expansion at the extreme end of expansion, and contraction at the extreme end of contraction.

Expansion-contraction monism is also deeply connected to the self-organizing principle of the universe. The emergence of galaxies, stars, planets, and life is a form of order created by the balance of expansion and contraction. The force of expansion pushes matter apart, while the force of contraction encourages accumulation and bonding. The complex intertwining of these forces causes the universe to emerge as an orderly dynamic system, rather than simply a chaotic place.

Chapter 5: The Universe of Expansion and Contraction (3/5)

The principle of expansion and contraction also applies to microscopic material structures. Dynamics of expansion and contraction can be observed in atoms, molecules, and even in the sieves of elementary particles. For example, electron orbits and quantum fluctuations can be understood as “local expansion and contraction” that accompanies changes in energy state. In expansion and contraction monism, these minute movements are also linked to the rhythm of the entire universe, and are key to understanding the interrelationship between the local and the whole.

Furthermore, we can reconsider the nonlinearity of time from the perspective of expansion and contraction. Time is not just a linear progression. Rather than a linear progression, it is perceived as the “pulse of the universe” modulated along the rhythm of expansion and contraction. From this perspective, the past and future are not fixed, but can change depending on the position of observation and the state of expansion and contraction. In other words, the history of the universe is understood not as a “fixed record” but as a dynamic process that is constantly reconstructing itself.

Chapter 5: The Universe of Expansion and Contraction (4/5)

Sacred monism is also closely linked to large-scale phenomena such as the expansion and contraction of the universe. Cycles of expansion and contraction can be seen in everything from pig bangs and the formation of galaxies to the internal structure of black holes. Black holes, in particular, are a symbol of extreme contraction, and the concepts of time and space within them transcend conventional understanding. When viewed from the perspective of expansion and contraction monism, black holes can be understood as part of the expansion and contraction cycle of the universe, rather than simply the “end of the universe.”

The concept of expansion and contraction is also related to the law of conservation of energy and the second law of thermodynamics. The diffusion and convergence of energy demonstrates the universality of physical laws and clarifies the role of expansion and contraction in creating order throughout the universe. Expansion and contraction are not simply physical phenomena, but are fundamental principles that mediate the flow of information and order. This allows for a unified explanation of the diverse patterns in nature and the evolutionary process of life as phenomena that follow the rhythm of expansion and

contraction.

Chapter 5 The Universe of Expanding Box Monism (5/5)

Furthermore, scaling monism can comprehensively explain the differences in how time and space are perceived depending on the observer's position. For example, measuring the distance between galaxies and interpreting the redshift of light can be more fundamentally understood by incorporating a scaling perspective. Scaling monism naturally explains why the appearance of physical phenomena and the flow of time change depending on the scale at which an observer perceives the universe. Ultimately, "existence" in the universe can be understood as a continuous series of two movements: expansion and contraction. Individual doors, galaxies, and even life and consciousness are born, change, and disappear in accordance with this fundamental rhythm. This unified view complements the traditional scientific approach, which understands the universe piecemeal, and presents a more comprehensive picture of the universe. Expansion monism is not merely philosophical speculation; it sheds new light on our worldview as a universal principle that permeates real physical phenomena and the workings of life.

Chapter 6: Monism and the Rhythm of Life (1/5)

The rhythm of expansion and contraction of the universe has a profound influence on the workings of life. This principle of expansion and contraction applies not only to changes on a physical scale, but also to the scales of time and consciousness. Our cells and tissues are constantly undergoing a process of creation and destruction, and this process is a continuation of expansion and contraction. For example, proliferation through cell division corresponds to expansion, while loss through apoptosis and aging corresponds to contraction. By understanding this basic principle, we can decipher the cat-like patterns behind the phenomena of life.

Furthermore, life activity is not simply a series of physical phenomena, but can be understood as an orderly movement that occurs within the expansion and contraction of time and space. From the perspective of expansion and contraction monism, life can be understood as a "wave" that follows this universal rhythm. The cycle of growth, reproduction, aging, and death is a movement of contraction and expansion that is repeated on the scale of individual living organisms, and can be said to be a microcosm of the movement of the entire universe.

The Sixth Fluid: Expansion and Contraction Monism and the Rhythm of Life (2/5)

This wave of expansion and contraction can be observed in detail even within an individual. For example, the heartbeat, breathing, and transmission of nerve signals appear as a rhythm of repeated expansion and contraction. The heart alternates between moments of expansion as it pumps blood and moments of contraction as it contracts. Similarly, breathing consists of a cycle of expansion as inhalation and contraction as exhalation. The stability of this rhythm is proof that life maintains order. Disruption of this rhythm manifests as illness or discomfort, so it is clear that the principle of expansion and contraction is essential for maintaining life. Furthermore, this principle also affects an individual's sense of time and the flow of consciousness. The expansion and concentration of consciousness, as well as the heightening and calming of emotions, also correspond to the movement of expansion and contraction. For example, moments of creative thought and ideas are periods of time when consciousness expands, while times of introspection and organization correspond to periods of time when consciousness contracts. In this way, the theory of expansion and contraction functions as a universal principle that can explain the rhythms of not only the material world but also the spiritual world.

Chapter 6: Expansion and Contraction Monism and the Rhythm of Life (3/5)

The growth and aging of living organisms can also be seen as cycles of expansion and contraction. During the growth phase, cell division and tissue expansion are prevalent, which corresponds to the expansion phase. On the other hand, during aging and dormancy, cellular activity declines and the process of contraction becomes dominant. This cycle can be understood as a natural mechanism by which life uses energy efficiently and adapts to its environment. Furthermore, when viewed not simply as a physical phenomenon but from the perspective of life's evolution and environmental adaptation, it can be seen that expansion and contraction exist as a basic rhythm by which living organisms harmonize with their environment.

Furthermore, an individual's internal rhythms tend to synchronize with those of the external world. Internal clocks based on the night cycle, seasonal changes in behavior, and biological activity influenced by the tides are all deeply connected to the rhythms of nature, which have cycles of expansion and contraction. These phenomena demonstrate that expansion-contraction monism is an effective framework for comprehensively explaining life

phenomena. When individuals and their environments share this rhythm, life circulates energy efficiently, enabling sustainable existence.

Chapter 6: Expansion and Contraction Monism and the Rhythm of Life (4/5) The concept of expansion and contraction can be applied not only to the evolution of individuals but also to the evolution of entire species. In the process of evolution, expansion to adapt to the environment (the emergence of new traits and abilities) alternates with the reduction of unnecessary functions (degeneration or loss). For example, cave organisms that have lost their hair follicles conserve the energy needed to maintain their bodies in a light-deprived environment by contracting, and instead increase their survival efficiency by expanding their sensory hairs and sense of smell. In this way, expansion and contraction function as a central force in the process of evolution.

Expansion and contraction are also evident in the adaptive strategies and behavioral patterns of living organisms. Predator-prey relationships, behavior during breeding season, and survival strategies in response to fluctuations in food resources all change based on the dynamics of expansion and contraction. Species and individuals actively acquire resources during the expansion phase and avoid risk during the scarcity phase. Through this cycle, life maintains harmony with its environment and enables long-term survival.

Chapter 6: Expansion and Contraction Monism and the Rhythm of Life (5/5)

The expansion and contraction of the rhythms of life affect not only physiological changes but also consciousness and cognition. In humans, circadian and seasonal rhythms are regulated by the expansion and contraction of body temperature and hormone secretion, directly linked to behavior and psychological state. For example, concentration and creativity are heightened during the expansion phase, while periods of rest and reflection are dominated by the contraction phase. Understanding this cycle can be applied to the design of individual lifestyles and social systems, and is key to maximizing the efficiency of human activity and happiness.

Furthermore, the principle of expansion and contraction can also be applied to the analysis of mental activity and social phenomena. Culture and technological developments spread rapidly during the expansion phase, and are reorganized and reconstructed during the contraction phase to avoid excess and confusion. In this way, the theory of expansion and contraction is not limited to mere physical concepts and biological phenomena, but can also

be applied generally to changes in human society and civilization. Understanding the rhythms of expansion and contraction that emerge between life and society, and between individuals and the environment, is an essential perspective for predicting the future and designing a sustainable world. Now, I will be presenting Chapter 7 in five parts.

Let's start with Chapter 7 (1/5).

Chapter 7: Expansion and Contraction Monism and the Hierarchy of Consciousness (1/5)

Consciousness is the ability to perceive and recognize the relationship between the outside world and the self. In traditional psychology and neuroscience, consciousness is often treated as a by-product of the brain's information processing. However, from the perspective of expansion-contraction monism, consciousness is an expression of the fundamental movements of expansion and contraction, and has a hierarchical structure that is deeply connected to cognition, emotion, and memory. In the expansion phase of consciousness, it becomes possible to integrate information and acquire a multifaceted perspective, activating intuition and creativity. On the other hand, in the contraction phase, information is selected and organized, and judgment and attention become sharper.

Human consciousness is not half-layered, but multi-layered, with layers including the unconscious, subconscious, conscious, and superconscious, and each layer has a different rhythm of expansion and contraction. In the unconscious, biological and instinctive expansion and contraction occurs, while in the subconscious, experiences and memories are reconstructed. In the conscious, expansion and contraction is reflected in decision-making and creative activities, and in the superconscious, universal insights that transcend individuals are gained. This hierarchical understanding makes it possible to systematically grasp the process of consciousness transformation and awakening.

Chapter 7: Expansion/Contraction Monism and the Hierarchy of Consciousness (2/5)

To understand the hierarchy of consciousness, we must first project the basic dynamics of "information expansion and contraction" into our consciousness. Expansion promotes the acceptance and integration of information, while contraction promotes the organization and abstraction of information. For example, when we intuitively come up with a solution to a problem, information expansion occurs first in the unconscious and subconscious, allowing us to grasp complex patterns broadly. Then, our conscious mind enters a contraction phase,

where the acquired information is analyzed and translated into practical decisions and actions. This process is an important rhythm that supports the cycle of productive and logical thinking.

Furthermore, scaling monism emphasizes the interaction between layers of consciousness. The super-common sense of the upper layer influences the conscious and latent consciousness of the lower layer, while conversely, information from the lower layer feeds back into the insight of the higher layer. This provides a clue to scientifically explaining phenomena such as intuition and inspiration. What has traditionally been treated vaguely as “unconscious influences” in psychology can now be clearly modeled as expansion and contraction movements.

Furthermore, the expansion and contraction of consciousness is deeply connected to time perception. In the expansion phase, the sense of time is relatively expanded, making it possible to be aware of information from both the past and the future simultaneously. On the other hand, in the contraction phase, time is compressed, and one becomes more focused on the present. In this way, the expansion and contraction of consciousness becomes an important factor in shaping not only perception and thought, but also the quality of one’s experience of time itself.

Chapter 7: Expansion/Contraction Monism and the Hierarchy of Consciousness (3/5)

The expansion and contraction of consciousness is also effective in explaining differences in individual cognitive characteristics and creativity. For example, people with a strong expansionary orientation place importance on comprehensiveness of information and are sensitive to complex relationships and latent possibilities. On the other hand, people with a strong contractionary orientation excel at extracting the essence and key points of information and tend to make efficient and practical decisions. These two tendencies complement each other, and a balanced state of both produces the most advanced conscious function.

The rhythm of expansion and contraction between layers of consciousness also influences the learning and problem-solving process. In the early stages of learning, the expansion phase, in which a wide range of information is collected, is important, followed by the consolidation phase, in which the acquired information is organized and integrated. People who can consciously control this cycle are able to efficiently absorb knowledge and apply it

in an organized manner.

Furthermore, the expansion and contraction of consciousness is closely related to the regulation of emotions. In the expansion phase, the range of emotions broadens and empathy and imagination increase, but if this becomes excessive, it can cause confusion and anxiety. In the contraction phase, emotions are organized and self-control increases. Therefore, appropriately controlling the expansion and contraction of consciousness also contributes to psychological stability and mental health.

Chapter 7: Expanding Box Monism and the Hierarchy of Consciousness (4/5)

The expansion and contraction of consciousness also affects social relationships. People with a strong tendency to expand can grasp the positions and situations of others broadly, and have the ability to promote cooperation and empathy. However, if they expand too much, they can easily read the intentions of others and cause stress and compromise. On the other hand, people with a strong tendency to contract can clearly recognize their roles and responsibilities and act efficiently, but if they fall into a narrow perspective, they can become isolated and suffer from prejudice. Social success depends on the ability to switch between these two mindsets depending on the situation.

Learning environments in education and organizations can also be designed from the perspective of expansion-contraction monism. For example, to foster creativity, it is effective to provide tasks that stimulate expansion in the early stages, and then incorporate processes of organization and selection that encourage contraction in the later stages. Conversely, for the acquisition of specialized skills, an environment that focuses on the contraction phase and promotes accuracy and efficiency in the details is effective.

The expansion of consciousness is also closely related to a sense of time. In the expansion phase, we broadly consider the past and future and are able to imagine long-term plans. In the contraction phase, we focus on the present situation and enter a state of consciousness that is suitable for quick decisions and concrete actions. By understanding and utilizing this rhythm, individuals can make more flexible and adaptable decisions.

Chapter 7: Expansion/Contraction Monism and the Hierarchy of Consciousness (5/5)

In summary, expansion monism is not simply a framework for explaining physical and

psychological phenomena, but provides guidelines for understanding the structure and function of consciousness itself. Human thought and behavior are formed by the constant switching between two basic movements, expansion and contraction, and the way in which this balance is struck influences individual differences, differences in ability, and even social adaptability.

In modern society, the increasing volume and complexity of information makes the ability to switch between zooming in and zooming out increasingly important. By expanding our awareness, we can grasp the big picture and the future, while by zooming out, we can focus on specific actions and problem-solving. By consciously manipulating this cycle, individuals can deepen their self-understanding and improve their creativity, judgment, and social resilience.

Furthermore, the theory of expansion and contraction has potential for a wide range of applications in education, psychotherapy, organizational management, etc. In education, it is effective to design learning processes that take into account expansion and contraction, in psychotherapy to adjust the stress and breadth caused by excessive expansion of consciousness and narrowing of the mind, and in organizations to plan strategies that combine expansion-oriented and contraction-oriented attitudes. This will expand the possibilities for both individuals and groups to adapt flexibly and effectively to their environments and situations.

Itagaki monism presents the flow of consciousness not as a mere abstract concept, but as a theory that can be concretely observed, analyzed, and applied. Through this chapter, readers should have understood how the expansion and contraction of consciousness manifests in everyday thinking and mental behavior, and the importance of this balance. In the next chapter, By linking the principle of expansion and contraction of the universe to “time,” we have adopted a path that applies it to an Integrated understanding of the past, present, and future.

Chapter 7: Broadening the Theory of Unity and the Integration of Time (1/5)

Chapter 8

We usually think of “time” as a linear flow of past, present, and future. However, from the perspective of expansion-contraction monism, time is not simply a straight line, but should

be understood as a multi-layered structure that the movement of expansion and contraction creates in consciousness and the world. In other words, our experience of time is shaped by the rhythm of expansion and contraction of our consciousness, which at the same time influences the structure of physical reality.

Changing the way we perceive time leads to a redefinition of causal relationships and the meaning of our own actions. For example, when we are in an expansionary state of consciousness, we focus on future possibilities and the big picture, and time feels “wide and long.” On the other hand, when we are in a contractionary state of consciousness, we focus on concrete events in front of us and details of the past, and time feels “short and compressed.” This interplay between expansion and contraction makes our experience of time fluid and flexible.

Chapter 8 Expansion/Contraction Monism and the Integration of Time (2/5)

In expansionary monism, time is not perceived as a direct flow of “past – present – future,” but as a wave made up of two movements: expansion and contraction. This wave is closely linked to the rhythm of consciousness and the structure of the universe, and our sense of time also depends on the state of this wave. For example, when immersed in deep thought or meditation, consciousness expands and time seems to flow slowly. On the other hand, when we are tense or engrossed in work, consciousness contracts and time feels shorter and compressed.

This rhythm of expansion and contraction affects not only the psychological and physiological states of individuals, but also the rhythms of society and nature. The rhythms of the seasons, the weather, and the rhythms of culture and society can all be interpreted as my own crying. This perspective attempts to integrate the objective measurement of time with the subjective experience, and allows us to see time as more than just the “hands of a clock.”Chapter 8: Conifer Monism and the Integration of Time (3/5)

In the theory of time based on expansion and contraction, the “past” is positioned as the pole of contraction and the “future” as the pole of expansion. The past contracts as an already determined event and is fixed as our memories and experiences. Meanwhile, the future contains infinite possibilities and is open to expansion. The present is the intersection of these two movements, existing as a moment where expansion and contraction intersect. It is this moment where consciousness can move most freely and is the source from which

creativity and insight are born.

Psychologically, attachment to the past and the future can manifest as excessive contraction, while excessive expectations for the future can manifest as excessive expansion. An unbalanced rhythm of expansion and contraction can lead to psychological states such as restlessness, stagnation, and excessive delusions. Here, expansion and contraction monism offers a methodology for transforming the quality of our experience of time by adjusting the expansion and contraction of our immediate consciousness, rather than manipulating time. For example, meditation, artistic creation, and deep dialogue are ways to regulate the rhythm of consciousness and make our sense of time more flexible and rich.

Chapter 8: Expansion and Contraction Monism and the Integration of Time (4/5)

Furthermore, expansion-contraction monism provides a framework for interpreting changes in history and culture over time. The development of society and civilization is also thought to proceed according to a rhythm of expansion and contraction. Rapid economic and technological development is a phase of expansion, while decline and stagnation are phases of contraction. When history is viewed from this perspective, the causal relationships and coincidences of events can also be seen as patterns that are somewhat predictable according to the rhythm of expansion and contraction. In other words, time is not simply a linear sequence, but can be understood as having a multi-layered structure in which expansion and contraction alternate.

Even at the level of an individual's life, processes such as learning, growth, and reflection during rest can be seen as cycles of expansion and contraction. Learning and creative activity are driven by the power of expansion, while introspection through experience and reflection is organized by the power of contraction. This repetition forms the basis for building rich knowledge and insight. Expansion-contraction monism offers guidelines for individuals to utilize their time efficiently and maximize their spiritual growth by consciously recognizing this rhythm.

Chapter 8: Expansion and Contraction Monism and the Integration of Time (5/5) Overall, the understanding of time in expansion-contraction monism not only allows us to see the past, present, and future as a single continuum, but also as a pattern woven by two fundamental dynamics: expansion and contraction. This allows for a unified interpretation of all temporal changes, including physical phenomena, life phenomena, social and cultural

phenomena, and the process of personal growth. Time is not simply the ticking of a clock, but a waveform formed by the rhythm of expansion and contraction. Understanding this waveform is the key to predicting the future, understanding oneself, and even regulating the development of civilization.

Scaling monism also offers clues to resolving the confusion in modern society's sense of time, the friction with past values, and anxiety about the future. By being aware of time not simply as a direction of progress, but as a cycle of expansion and contraction, people are able to choose a way of life that makes the most of the present, without being trapped by the past or impatient with the future. Ultimately, time is not something that is imposed from the outside, but something that must be observed, understood, and adjusted from within. Scaling monism clearly illustrates this perspective and offers new guidelines for both human cognition and behavior.

Chapter 9: The Theory of Consciousness and the Multi-layered Structure of Consciousness (1/5)

Consciousness and consciousness are not one and the same, but rather phenomena with a multi-layered structure. From the perspective of expansion-contraction monism, the multi-layered structure of consciousness is made up of a continuous movement of expansion and contraction. Expansion takes in information from the outside world, enabling a wide range of knowledge, including the unconscious. Meanwhile, contraction abstracts this vast amount of information and focuses on important elements. It is the constant combination of these two dynamics that allows us to perceive the complex world in an understandable way.

Chapter 9: Expansion/contraction monism and the multi-layered structure of consciousness (2/5)

This multi-layered structure cannot be explained simply by neural activity in the brain. Consciousness is a phenomenon that emerges as the sum of electrical signals and chemical reactions of individual neurons, but it is also a pattern that unfolds in time and space according to the principle of expansion and contraction. In other words, in a single moment of consciousness,⁶ The expansion of external information and the contraction of internal information are occurring simultaneously. From this perspective, psychological phenomena such as sensations, thoughts, emotions, and memories, which have traditionally been treated separately, can be understood as one continuous movement of consciousness.

Chapter 9: Expansion/contraction monism and the multi-layered structure of consciousness (3/5)

This interplay of expansion and contraction is key to explaining the hierarchical nature of consciousness. We process a vast amount of information unconsciously, while consciously grasping only a small portion of it. This selective processing is what we call “contraction” of information. Meanwhile, our thoughts and imaginations are constructed in consciousness by expanding past experiences and future projections. This dual movement allows forgetting to remain dynamic and flexible, appearing not as a simple static state of the brain but as a continuum of expanding and contracting time and space.

Chapter 9: Expanding Box Monism and the Multilayered Structure of Consciousness (4/5)

Furthermore, this expansion and contraction also affects the qualitative differences in each individual's consciousness. For example, people with excellent creative thinking have a highly integrated ability to extract core information by contracting and to generate diverse possibilities by expanding. On the other hand, if one's thinking tends to become fixed, the balance of this expansion and contraction becomes unbalanced, resulting in excessive contraction or insufficient expansion. In this way, our cognition, emotions, and behavior are constantly influenced by unconscious expansion and contraction.

Now, Chapter 9, 5/5 (final).Chapter 9: Expansion/Contraction Monism and the Multi-Level Structure of Consciousness (5/5)

If we look deeper into consciousness, we see that expansion and contraction go beyond the mere breadth of thought and sensation, and are deeply involved in self-awareness and understanding of others. The movement of expansion widens the boundaries between oneself and the world, incorporating the perspectives of others and future possibilities. The movement of contraction clarifies the self and perception of reality, bringing concreteness to decisions and actions. The more the two are integrated, the more our consciousness overlaps, simultaneously gaining the ability to integrate information from the past, present, and future. As a result, it becomes clear that an individual's spiritual growth, intellectual deepening, and creative expression are all closely linked to the rhythm of expansion and contraction.

Chapter 9: Expansion and Contraction Monism and the Integration of Cosmology (1/5)

Chapter 10

Attempts to understand the universe have been the foundation of human knowledge from ancient times to the present. However, from the perspective of expansion-contraction monism, the structure of the universe is not simply a physical order or the closure of celestial movement, but a dynamic entity made up of the overlapping of two movements: expansion and contraction. Expansion symbolizes the expansion of the universe, the diffusion of interstellar matter, and the opening up to unknown possibilities, while contraction symbolizes contemplation, contraction, and the materialization of individual phenomena and living organisms. These rhythms can be thought of as acting as the fundamental principles behind the evolution and formation of order in the universe.

On a cosmic scale, the evolution that began with the Big Bang is clearly an expansion, while the emergence of galaxies, stars, and life can be understood as manifestations of contraction. From this perspective, expansion-contraction monism promotes an integrated understanding of physics, astronomy, and life sciences, and provides a framework for reinterpreting the dynamics of the universe not as a mere collection of coincidences or laws, but as a harmony based on fundamental principles of motion.

Chapter 10: Expansion and Contraction Monism and the Integration of Cosmology (2/5) In expansionary monism, each layer of the universe—the Milky Way, planetary systems, and individual celestial bodies—is thought to be subject to a process of expansion and contraction. Galaxies expand as expanding clouds, eventually condensing through gravitational forces to form galaxy clusters and star systems. This process suggests that even inanimate phenomena possess a movement that can be called “cosmic breathing.” Furthermore, planets, moons, and the movement of matter within planetary crusts follow a similar pattern of expansion and contraction, allowing us to understand that the entire universe is structured within a self-similar rhythm.

Expansion-contraction monism also offers a new perspective on how we perceive time. Time does not progress horizontally from the past to the future; rather, it overlaps with the movements of expansion and contraction, exhibiting localized “acceleration” and “deceleration.” For example, dramatic astronomical phenomena such as the birth of the sun or supernova explosions can be understood as localized compressions of time, while on the

scale of the expanding universe, time is expanding. This perspective offers the possibility of reinterpreting phenomena that traditional cosmology tends to view as linear time as dynamic and relative time.

According to expansion-contraction monism, the energy circulation of the universe can also be understood as a dual structure of expansion and contraction. While the traditional second law of thermodynamics views the increase in entropy as an irreversible phenomenon, expansion-contraction monism allows the creation of local order to be explained as part of a contractionary movement. For example, the formation of the Earth's crust, the increasing complexity of the planet's crust, and the evolution of life are not mere coincidences, but can be seen as processes in which the movements of contraction and condensation naturally create order. From this perspective, the universe exists as a "dynamically stable entity" that constantly oscillates from disorder to order and back again.

Furthermore, the movement of expansion and contraction on a cosmic scale offers new insights into the relationship to human existence. While humans tend to perceive their own sense of time as linear, individual experiences, social history, and psychological time also possess rhythms of expansion and contraction. For example, states of deep concentration and meditation make us feel that time is contracting, while boredom and idleness are experienced as expansion. Exploring the correspondence between this "subjective time" and "cosmic time" is important for understanding the impact of the theory of expansion and contraction on human awareness. From the perspective of expansion-contraction monism, there is a close correspondence between physical and psychological phenomena. Physically, matter maintains its structure and circulates energy by repeatedly expanding and contracting. Psychologically, human consciousness and emotions also have a rhythm of expansion and contraction. For example, creative inspiration corresponds to the "expansion" of consciousness, while introspection and mental thought correspond to "contraction." Systematizing these correspondences makes it possible to achieve an integrated understanding of science and philosophy. Expansion-contraction monism transcends the dualism of physics and mind and provides a clue to understanding all things in a unified way.

The rhythm of expansion and contraction is also evident in social and cultural change. The major trends of history and the rise and fall of civilizations can be understood in terms of cycles of expansion and contraction. Economic prosperity and collapse, the rapid development and stagnation of technological innovation, and the diversification and convergence of cultural expression can also be explained as patterns based on this principle.

The laws of expansion and contraction in civilized societies have a predictable order, just like those in the natural world, but at the same time, they also involve localized chance and emergence. It is this duality that is the appeal of expansion and contraction monism and the key to understanding the complexity of the real world.

Furthermore, expansion-contraction monism offers a new perspective on understanding time. In traditional linear time, the past, present, and future are considered to flow in one direction, but expansion-contraction monism sees time as a cycle of expansion and contraction. Past experiences are internally contracted, while predictions and creations for the future are expanded. Human memory and learning also function according to this rhythm, so understanding the balance between expansion and contraction can efficiently promote the growth of consciousness and psychological maturity. Psychological applications include methods for intentionally adjusting the expansion and contraction of consciousness through meditation, self-reflection, and creative activities.

Scaling monism also influences the methodology of cognition in scientific inquiry. Because phenomena are perceived as expanding or contracting depending on the observer's position and the scale of measurement, the interpretation of phenomena in physics, biology, and social sciences must be replaced by a dynamic and relative perspective rather than a fixed one. This will enable an integrated approach that transcends the boundaries of traditional academic disciplines and allows us to understand the secrets behind the phenomena. You can gain a deeper understanding of certain fundamental principles.

Overall, Chapter 10 demonstrates that expansion-contraction monism has the power to comprehensively explain multi-layered phenomena, including physics, psychology, society, and time. From various dimensions, we have examined how the simple principles of movement—expansion and contraction—are the key to unraveling the order and rhythm of the complex real world. From the next generation onward, we will further apply this theory, exploring human consciousness, culture, science and technology, and future possibilities.

Chapter 11: Expansion of Monism and the Wandering of Consciousness

The application of expansion-contraction monism extends beyond the realms of physical phenomena and time perception to the structure and evolution of human consciousness. This chapter considers consciousness as a unified entity of two movements: “information expansion” and “information contraction,” and examines how these dynamics affect the

growth of individuals and society. Human cognitive processes expand by taking in information from the outside world, while also undergoing a repeated process of contraction, compressing and organizing unnecessary information and noise. This rhythm of expansion and contraction is directly linked to the development of consciousness, creativity, and problem-solving ability.

Expanding ignorance means integrating new perspectives, knowledge, and experiences. This allows individuals to adapt to unknown situations and develop flexible thinking. Meanwhile, shrinking consciousness allows for the elaboration of information and the abstraction of concepts. The ability to organize excessive information and extract core patterns and principles is essential for theoretical thinking and intuitive judgment. Achieving a good balance between expansion and minimization allows humans to adapt to their environment while gaining the ability to deeply understand their inner world.

Chapter 11-2/5

The expansion and contraction of consciousness is closely related to the individual's developmental stage. In childhood, the process of expansion, which involves absorbing stimuli from the outside world, is dominant, and curiosity and sensitivity are at their peak. This allows people to gain diverse experiences and information, building the foundation for understanding the complexity of the world. Meanwhile, from adolescence to young adulthood, the process of contraction, which involves organizing and integrating the information acquired, becomes important. Contraction at this stage contributes greatly to the formation of self-awareness and values, and the maturation of judgment. Expansionary monism offers the perspective of a "time cycle" when explaining the evolution of consciousness. The process of contraction, in which past experiences are internalized and organized, leads to future expansion. This evolution is not simply a linear flow of time, but depicts a spiral of evolution. Consciousness reconstructs itself by traveling back and forth between the past and the future, forming a more complex and flexible system of thought. This dynamic of spiral expansion and contraction is deeply connected to an individual's creativity and problem-solving ability.

Chapter 11, 3/5

Expansion monism can also be applied in social contexts. The expansion and contraction of an individual's consciousness is influenced by interactions with society. Society's diverse

values and cultural norms stimulate the individual's expansion process, encouraging new perspectives and understanding. On the other hand, in situations where harmony and order within a group are valued, the contraction process comes into play, organizing and optimizing information and behavior. The interaction between these two allows individuals to maintain their individuality while acquiring social adaptability.

Furthermore, the act of expanding and contracting is closely linked to creativity and the learning process. Creativity requires both the ability to expand new ideas and concepts and the ability to contract and appropriately integrate them within existing knowledge systems. In learning, too, it is important to strike a balance between expanding to receive information and contracting to understand and organize it. In educational settings, teaching methods that take this balance into account have the potential to maximize an individual's intellectual growth.

Chapter 11 • 4/5

The theory of expansion and contraction can also be applied to the analysis of organizational management and leadership. When considering organizational growth and change, a mindset of expansion is essential for venturing into new fields and promoting innovative projects. However, a mindset of downsizing is also important, contributing to risk management, resource optimization, and clarification of decision-making. Excellent leaders can flexibly use expansion and contraction depending on the situation and lead the entire organization to achieve comprehensive development.

This theory can also be integrated with psychological approaches. Understanding an individual's mental state and emotional movements as a process of expansion and contraction can reveal new methods for stress management and self-control. For example, when you are overwhelmed by excessive information or stimuli, you can intentionally activate the contraction process to extract and organize only the important information. On the other hand, when you want to improve your flexibility and creativity, it is effective to consciously promote the expansion process.

Chapter 11-5/5

Finally, from a philosophical perspective, expansion-contraction monism also contributes to our understanding of human existence. Through the bipolar movement of expansion and

contraction, we become aware of the constant balance between self and other, past and future, order and chaos. Recognizing this dynamic process deepens our insight into the problems of life and society and enables more integrated and flexible thinking.

Expansion-contraction monism is not merely a theoretical model; it has practical value in a variety of fields, including daily life, education, economic activity, scientific research, and artistic expression. By understanding and appropriately applying the rhythm of expansion and contraction, individuals and organizations can achieve more sustainable and harmonious growth.

Thus, Chapter 11 comprehensively presents the applicability and philosophical significance of expansion-contraction monism. From the next chapter onwards, the discussion will extend to the integration of time and consciousness, analysis of the expansion-contraction patterns on a cosmic scale, and even implications for human society as a whole.

Chapter 12, 1/5

Expansion and contraction monism and time: A unified model of past, present, and future

What is time? Time has been studied in all academic fields, including physics, philosophy, and psychology, but its definition remains ambiguous. From the perspective of expansion monism, time is not simply a linear flow, but can be understood as a relative phenomenon embedded in the fundamental movements of the universe, known as “expansion” and “contraction.” In other words, time can be understood not only as an irreversible progression from the past to the future, but also as a dynamic pattern that repeats itself through the interplay of expansion and contraction.

In physics, time is often conflated with space and modeled as space-time. However, in expansionist monism, time is closely related to the expansion and contraction of physical scales. For example, “time” has a relative, changing scale in all phenomena, such as the expansion and contraction of galaxies, vibrations at the microscopic level of elementary particles, and the density and speed of conscious experience. From this perspective, time is not seen as a flat background, but as a fluid entity that fluctuates with the expansion and contraction of the universe as a whole.

Human consciousness also responds to this expansion. Our cognition and memory are based

on the accumulation of information.

Through the process of expansion and contraction, we make predictions about the past, present, and future. This process is directly linked to our personal and social perceptions of time. The subjective experience of time is formed within the rhythm of expansion and contraction, and is the basis for memory, planning, learning, and creativity.

Chapter 12-2/5

To understand the true nature of time, it is necessary to grasp the three dimensions of past, present, and future in an integrated manner. In the traditional view of time, the past is considered fixed, the future is undetermined, and the present exists as a moment in between. However, in expansion-contraction monism, the past, present, and future are not statically continuous, but are in a dynamic relationship in which they influence each other through movements of expansion and contraction. Past events do not simply remain as “records,” but influence our perception of the present and contribute to the formation of future possibilities. This cyclical relationship is the true dynamics of time.

Furthermore, time, like space, is relative, and time seems to flow at different speeds within individual consciousness and social structures. For example, time may seem faster in tense situations and slower in relaxed states. From the perspective of expansion-contraction monism, this phenomenon is a change in our sense of time due to the “expansion” and “contraction” of consciousness. When consciousness processes multiple aspects of information simultaneously, time compresses; when concentration lapses, time expands. This observation points to an area where the subjectivity and objectivity of time intersect.

Chapter 12 • 3/5

In expansion-contraction monism, it is insufficient to explain the flow of time solely through linear causality. It also introduces the concept of “reverse causality,” in which not only do past events determine the future, but future possibilities influence present choices. While this idea is difficult to understand within the conventional formal timeframe, it has affinities with the indeterminism of quantum mechanics and the future-oriented cognitive models in consciousness research. Like the refraction of light, future possibilities bend present perception, subtly shifting the direction of choices and actions.

Furthermore, expansion/contraction monism presents time as two processes: “information

diffusion” and “information condensation.” Past experiences are stored in mental structures as condensed information, and are diffused again as needed in response to current cognitive activity. This makes memory not simply static data, but dynamic information that is constantly reorganized according to current consciousness and future possibilities. This perspective is widely used in psychology and This is consistent with the latest research in neuroscience, which shows that human experience of time cannot be reduced to the simple “movement of the hands of a clock.”

Chapter 12, 4/5

The concept of time expansion and contraction is deeply connected to individual subjective experiences. For example, time may seem to pass unusually quickly in an emergency situation, due to the unusual speed at which information is condensed and dissipated. Conversely, time may seem to slow down in boredom or anxiety, due to changes in the rhythm of information processing and emotional feedback. By analyzing this subjective sense of time synchrony separately from physical time, expansion and contraction monism bridges the gap between psychological and cosmological phenomena.

The expansion and contraction of time can also be applied to social and cultural dimensions. In the flow of history, certain periods feel “dense” because the amount of information about events is condensed and many changes occur in a short period of time. Conversely, in peaceful times, information is diffused and time seems to flow more slowly. This consideration allows us to understand time not simply as a physical quantity, but as the intersection of information and consciousness.

Chapter 12-5/5

Ultimately, an understanding of time in contractive monism allows for the integration of the past, present, and future. In the traditional linear view of time, the past is fixed and the future is uncertain, but in contractive monism, time is viewed as a process of expansion and contraction of information, so both the past and the future exist dynamically within the current information processing. Memory and prediction are not simply psychological phenomena, but manifestations of the contractive pattern of time, and can be understood as moments when individual consciousness resonates with the universal rhythm.

This theory eliminates the need for us to view time in a fixed way. Time is not something

that flows, but a dynamic phenomenon that expands and contracts, and its shape is determined by the interplay of the observer's consciousness, social culture, and physical phenomena. This understanding can be applied to predicting the future, interpreting history, and even personal life experiences. By freeing ourselves from fixed concepts of time, expansion/contraction monism shows us a way to perceive our relationship with the world and ourselves in a more flexible and integrated way. Chapter 13: Future Applications (1/5)

Understanding time through expansion and contraction monism is not merely a philosophical concept, but has potential applications in everyday life and science and technology. Rather than viewing time as a fixed, linear entity, modeling it as a dynamic process of expansion and contraction offers innovative perspectives in a wide range of areas, from individual decision-making, learning, and prediction to the design of scientific experiments.

For example, when making personal decisions, we refer to past experiences and predictions about the future. However, in traditional models, the past is fixed and the future is uncertain, so decision-making tends to be buried in a linear causal relationship. In scaling monism, both the past and the future can be treated as part of information that is dynamically reorganized in present consciousness, making decision-making more flexible and selective.

The expansive view of time also offers a new methodology in the field of learning. In traditional learning models, knowledge is accumulated in a fixed form, with past learning built on a fixed foundation. However, by viewing time in an expansive and contractive way, past knowledge can be adjusted to either “contract” or “expand” depending on the current context, allowing for the construction of efficient and adaptive learning strategies.

Chapter 13: Future Applications (2/5)

A view of time before expansion and contraction can also be applied in the fields of science and technology. In physics, experimental design and simulations typically treat time as a fixed continuum. However, understanding time as a dynamics of continuous expansion and contraction can contribute to optimizing experimental conditions and improving the accuracy of future prediction models.

For example, in economic models, weather forecasts are traditionally based on past data.

However, scaling monism allows for more adaptive and accurate predictions by “shrinking” past data to reduce noise or “expanding” it to highlight important patterns. This approach can also be applied to AI and machine learning algorithm design, making it possible to adjust the value of past training data depending on the context.

Furthermore, the theory of expansion and contraction is also effective in improving creativity. By enabling dynamic manipulation of the past and future in consciousness, existing experiences and knowledge can be reconstructed from new perspectives, which will promote the generation of innovative ideas in art, design, and technological development.

Chapter 13: Future Applications (3/5)

Monism can also be effectively used in the field of education. By psychologically manipulating the “length of time” experienced by learners, we can design an efficient learning environment. For example, when learning a certain subject intensively over a short period of time, “expanding the time” allows students to gain a deeper understanding of each concept. Also, for long-term review or habit formation, “compressing the time” allows students to feel the learning effects in a compressed manner. This sense of time manipulation is directly linked to maintaining concentration and motivation.

It can also be applied in the fields of medicine and psychotherapy. By “logically reducing” the impact of a patient’s past experiences and trauma, and conversely “expanding” positive memories and solidifying them in consciousness, this method contributes greatly to mental health. This method is highly compatible with traditional counseling and cognitive behavioral therapy, and by flexibly handling the sense of time, it becomes possible to design individual treatment plans and self-care.

Chapter 13: Future Applications (4/5)

The theory of scaling can also be applied in the fields of economics and business. By adjusting the sense of time in markets and projects, it is possible to improve the accuracy of decision-making and risk management. When short-term results are required, time can be “expanded” to analyze individual factors and risks in detail. On the other hand, when it comes to long-term growth strategies or innovation projects, time can be “shrunk” to grasp the big picture from a bird’s-eye view, allowing for flexible response to change.

Furthermore, this theory has significant implications in the fields of creativity and art. When artists and writers create a work, they can create a deeper artistic experience by expanding time and focusing on subtle emotions and nuances of expression. Conversely, when looking at the overall structure or story development, they can zoom out and grasp the entire flow of the work all at once. This sense of time manipulation can be applied as a technique to simultaneously improve the quality and speed of the creative process. Chapter 13: Future Applications (5/5)

The theory of scaling monism is also effective in the fields of education and learning. Manipulating the learner's sense of time according to their level of understanding and proficiency enables efficient and deep learning. For example, when learning a new concept, time can be expanded to carefully understand the details. On the other hand, when matching knowledge or reviewing it, time can be reduced to get a bird's-eye view of the whole picture and discover the connections between different pieces of knowledge.

The same is true in the field of self-development during psychotherapy. When sorting out one's past and emotions, expanding the time frame and exploring deeply within oneself can bring healing and insight. On the other hand, when setting future goals and formulating an action plan, shortening the time frame, looking at the big picture, and clarifying priorities can improve one's ability to execute.

Scaling monism is not merely a theory; it can be a concrete method for optimizing the quality and efficiency of time through practice in real life and specialized fields. Further development of this theory and its application to science, technology, and social systems has the potential to fundamentally transform human intellectual activity and the quality of life. Looking ahead, understanding and practicing this theory will be an intellectual asset for the next generation.

Chapter 14: Integration (1/5)

In the final chapter of Expansion and Contraction Monism, the author integrates the concepts of time, existence, consciousness, learning, and society discussed up to this point, and summarizes the significance of Expansion and Contraction Monism as a whole. His goal is to clarify its aspects as a unified theory that is applicable to human cognition, social activity, and science and technology, rather than remaining merely a philosophical thought or abstract theory.

First, the fundamental proposition of expansion-contraction monism is that “all things exist in a cycle of expansion and contraction.” Expansion and contraction are always at work in physical phenomena, psychological phenomena, social structures, and cultural development. This principle is the key to discovering the hidden order behind seemingly chaotic phenomena.

Furthermore, integrating the concept of time into this principle provides a framework for understanding the continuity of the past, present, and future. The movement of expansion and contraction also affects the sense of time, and influences individual cognition, behavior, and it plays a role in regulating the development of society. By adopting this perspective, we can take a more effective approach to time management, learning, self-improvement, and social planning.

Chapter 14, Integration (2/5)

The applicability of expansion-contraction monism is also extremely useful in understanding the structure of human consciousness and cognition. When an individual's thoughts and emotions tend toward expansion, they promote creativity and curiosity, while when they tend toward contraction, they enhance concentration and insight. Therefore, analyzing states of consciousness from the perspective of expansion and contraction can be applied as a method of self-understanding and mental management.

Similar principles apply to the development of society and culture. Social structures fluctuate through the interplay of expansion due to population growth and economic development and contraction due to resource constraints and regulations. Cultural and technological innovations are also born, decline, and regenerated within this cycle of expansion and contraction. This perspective provides insights based on fundamental principles, rather than relying simply on empirical rules, even in historical analysis and future predictions.

Furthermore, expansion-contraction monism is highly compatible with scientific thinking. All phenomena, such as the expansion and contraction of the universe in physics, the conversion of energy in chemical reactions, and the compression and expansion of data in information science, are based on a dynamic balance of expansion and contraction. From this perspective, expansion-contraction monism also contributes to the integration of

scientific models and theories.

Chapter 14, Integration (3/5)

From a psychological perspective, expansion-contraction monism is also useful for understanding individual development and the learning process. For example, the process of learning and growth alternates between expansion phases, in which new information and skills are acquired, and contraction phases, in which the acquired knowledge and experience are integrated and organized. In education and training, if instruction and curriculum are designed with this rhythm in mind, it is possible to promote efficient learning and sustained growth.

Furthermore, the principle of expansion and contraction is also at work in social relationships and team dynamics. When a group takes on a new challenge or project, expansion prevails, leading to the spread of creative ideas and cooperative relationships. On the other hand, when the task is resolved or a problem is solved, contraction becomes evident, requiring the optimization of focus and resources. This expansion principle is also at work in leadership and organizational management strategies. It is useful to understand the cycle of expansion and contraction.

It can also be applied technically to the fields of artificial intelligence and data analysis. In the AI learning process, there is a cycle of expansion, in which information is widely collected, and contraction, in which the acquired knowledge is integrated into a model. Optimizing this cycle enables more accurate predictions and more efficient learning. In this way, expansion-contraction monism functions as a principle common to all fields: natural phenomena, society, psychology, and technology.

Chapter 14, Integration (4/5)

From a philosophical perspective, scaled monism sheds new light on ontological and epistemological issues. Traditional dualistic worldviews tend to separate and understand oppositions such as matter and mind, subject and object, and cause and effect. However, from the perspective of scaled monism, these oppositions are also seen as part of the movement of expansion and diminution. For example, the relationship between subject and object can be seen as a dynamic process that emerges through an expansion phase, in which the subject perceives and interprets the world, and a contraction phase, in which that

perception is internalized and understanding is deepened.

Expansion-contraction monism is also useful when it comes to issues of ethics and values. In social and personal judgments, expansion represents the flexibility to incorporate new values and perspectives, while contraction represents the discipline to organize and integrate existing ethics and principles. The harmony of these two forces enables unbiased judgment and creative logical thinking. Solutions can be found for dilemmas faced by individuals and society through a dynamic balance between expansion and contraction.

Furthermore, in the fields of art and creative work, expansion-contraction monism explains the essence of the creative process. Artists experience an expansion phase in which they explore new expressions and ideas, and then move on to a contraction phase in which they put their ideas into shape as a work. This cyclical process is essential for sustaining creativity and improving its level of completion, and it also provides useful guidelines from the perspective of art education and creative support.

Chapter 14, Integration (5/5)

In scientific research, monism also offers methodological implications. In theory construction and experimental design, hypotheses are constantly expanded (expanded) and verified and organized (narrowed) based on data and observations. By consciously manipulating this dynamic process, we can improve the efficiency and accuracy of scientific discoveries. Furthermore, when it comes to understanding complex systems and social systems, adopting a cyclical perspective of the large and the small allows us to gain a deeper understanding of the relationships between parts and the whole, as well as patterns of change.

In conclusion, scaling monism offers a cross-disciplinary, integrated perspective across diverse fields such as philosophy, psychology, art, and science. This theory does not deny conflicts or contradictions, but is a framework that dynamically harmonizes them in a movement of expansion and contraction. From individual perception and social institutions to creative activity and scientific inquiry, scaling monism enables a flexible yet orderly understanding. In the future, by applying this theory in practice, human society and knowledge systems may evolve in a richer and more harmonious direction.

**Chapter 15 (1/5)

The philosophical position of visualization**

In expansion-contraction monism, all existence is made up of two movements: “expansion” and “contraction.”

This movement is not simply a physical change, but represents the fundamental rhythm of the universe itself.

What is important here is that the forces of expansion and contraction never remain abstract. They always take shape at some moment and manifest as visual structures.

From this perspective, expansionary monism leads to the following proposition:

➤ The only things that truly exist are those that have a form that can be visualized.

Shape is a “visible moment” that is born when expansion and contraction movements are balanced at a certain ratio. In other words, shape is the trace of movement and the only clue to deciphering the structure of the world.

This means that abstract entities such as thoughts, concepts, and emotions are defined as having existence to the extent that they can be reduced to a form.

Visualization is an act of fixing essence and determining existence.***Chapter 15 (2/5)

Reality as materializability**

Expansion/contraction monism rejects the dichotomy of material and immaterial, object and concept, and sees everything as “one entity that can change in the flow of expansion and contraction.”

In this case, the following assertion holds as a fundamental property of the world.

➤ Everything in this world can be materialized and in that sense can be visualized.

Materialization does not simply mean becoming a solid object that can be touched with the

hand, but more broadly refers to “an abstraction being fixed as a structure and being reproducible as a form.”

For example

Concepts are materialized by being diagrammed,

The movements of the mind take shape when they are modeled.

Future predictions become visual when structured.

In other words, form is the point to which all phenomena have the potential to reach.

It is a bridging point between expansion and contraction movements.

****Chapter 15 (3/5)Increasing the rate of correct answers**

The key insight you mentioned is this:

- By materializing and visualizing things, you will increase your chances of getting the answer right and get closer to the deeper level.

This is a natural consequence of expansion-contraction monism.

There are three reasons.

- ① Shape is a trace of expansion and contraction

By putting it into shape, it becomes clear where it is in the abstract movement.

- ② Ambiguity is resolved

The ratio, direction and meaning of whether the phenomenon is expanding or contracting can be visually grasped, allowing for reinterpretation.

- ③ Reproducibility is created

Once the information is established, it can be shared, compared, and verified with others, which leads to an increase in the accuracy rate.

Visualization is the process of making truth “graspable.” It is the shortest distance that human thought can get close to the structure of the world.

****Chapter 15 (4/5)**

The future and the past exist as a flow of form.

In expansion and contraction monism, time is not simply a line, but is defined by differences in the direction of expansion and contraction. Concentration towards the biggest reduction in history

Future = Divergence towards human expansion

Now, the intersection, the critical point of expansion and contraction

Based on this understanding, both the future and the past exist as a “flow of form,” so to speak.

The past is reconstructed as an afterimage of form, and the future is constructed as a premonition of form.

Therefore.

Historical analysis is the task of reconstructing the shape of the flow of decline,

Prediction is the process of anticipating and constructing the shape of the expansion flow.

In other words, time itself is understood through form, and translation into form is the core of the theory of time.

****Chapter 15 (5/5)**

Shikajitsu is “infinity that can take form.”

Integrating the discussion so far, the central proposition of expansionary monism can be formulated as follows:

- Truth is the temporary manifestation of the infinite movement of expansion and contraction.

The truth is not a static point.

It has an infinite flow that is constantly changing shape.

And there is only one way for humans to approach the truth.

Visualize the contraction, give it form, and materialize it.

Visualization is the act of inviting truth.

Materialization is the act of anchoring truth in the world.

These two tasks are the foundation of cognition and creation in expansive monism, and provide the most practical answer to the question, “What is existence?”

I got it.

The 16th interpretation builds on the philosophical foundation established in Chapter 15 that “visualization = shaping is the means to reach the truth,” and goes a step further to construct a chapter dealing with the “hierarchy of forms.”

Chapter 20: Hierarchical Structure: Multi-layered Order of Expansion and Contraction

Chapter 21 16.1 Shapes do not exist as a single layer but as “multi-layered layers”

In the previous chapter, we defined the foundation of extended monism as “form-visualized truth.”

However, the phenomenon of form is not a simple surface appearance, but is actually constructed from many overlapping layers.

For example, if we consider the existence of human beings,

Cell shape of the intestine

Overall body shape

Form of psychological structure

Form of social role

Form of historical context

In this way, countless layers of shapes exist simultaneously, each acting as a microcosm of a different expansion and contraction movement.

In other words,

>The form is not created all at once, but is the result of expansion and contraction movements being condensed layer by layer.

Form is the result of hierarchical expansion and contraction.

16.2 Three principles of layered structures

In expansion-contraction monism, the following three laws apply to the hierarchical structure of shapes:

- 1) The upper class is an expansion of the lower class.

The higher levels always exist as an expanded version of the structure of the lower level.

For example, cell organs → individual society.

②The lower class is a shrinkage of the upper class. The structure of the upper hierarchy is always reflected in the lower hierarchy in a reduced form. The reality of society is realized by reducing it to the behavioral patterns of individuals.

The shapes in between have similarities

It is similar to a fractal structure, but in the theory of expansion and contraction, it is not “perfect similarity”

It is defined as “similarity with different scaling ratios.”

This explains why there are similarities between human psychology and the structure of the universe.

16.3 The concept of “scale ratio” for hierarchical questions

The key feature that characterizes the hierarchy is the scaling ratio.

Strong expansion layer: Giant, complex, and fast-paced change

Strong shrinkage: High density and stability

This ratio determines the roles of each hierarchy.

Example: human structure

Genes: Shrinking layer (high density, stable)

Cells: shrinking

Individual: Intermediate (balanced expansion and contraction layer)

Society: Expanding demographic (miscellaneous/fluid)

The largest expansion layer in history (fastest rate of change) In this way, a hierarchy is a “band of movement” differentiated by differences in expansion/contraction ratio.

16.4 Hierarchy of Forms Shows the “Deepness of Truth”

The fact that the form is nam-kai means that the truth also has depth.

Shallow, good fruit (top layer shape)

Superficial and fast-changing

Easy to grasp visually

But the error is also large

Deep Truth (lower form)

Slow change and stable

Highly universal

But it's hard to visualize and requires effort to achieve.

This distribution is spread across the world like a map.

In extensional monism, exploration can be said to be a path of reducing the errors in the forms of higher layers and converging to the forms of lower layers. 16.5 Visualization through the hierarchical structure (ladder)

Each layer has its own unique shape, but they are not isolated.

They are connected vertically by a single “ladder of visualization.”

What does visualization look like?

➤ It is a tool for climbing the circle, layer by layer, from abstraction to structure to form to

matter to abstraction again.

By climbing this ladder,

You can understand social principles from individual behavior, reverse-calculate individual psychology from social phenomena, and interpret physics from philosophy.

The formation of Ideas can be interpreted from material structure.

In other words, understanding hierarchical structures is the skill of visualizing the world from top to bottom in a single line.

16.6 The Hierarchy is Infinite, and the World is Infinite

Finally, I will state the core of expansion/contraction monism. The hierarchical structure is endlessly deep and endlessly wide. If you point a microscope at it, it shrinks infinitely, but if you look at it through a telephoto lens, it expands infinitely.

This means:

- There is no bottom or ceiling to existence. Every level is merely “in the middle.”

The idea that “all lips are on the way” is the true essence of expansion/contraction monism.

Form is a “fixed moment” that is born in the middle of infinity. Understanding this hierarchy is synonymous with touching the depths of the world.

Chapter 22 The Principle of Connection of All Things: The Only Commonality that
Expansion and Contraction Activities Permeate Existence Chapter 23

17.1 Expansion and contraction are the “unique universal movement” that resides equally in all things

In the previous song, we showed that shapes have a hierarchical structure, and that every layer is a separate band of expansion and contraction.

In this chapter, we go further and clarify our position that expansion and contraction is the only principle that necessarily exists in this world.

The word "unique" here does not mean that other laws are excluded.

- Every law is contained in the activity of expansion and contraction (= it is merely an exception or an internal phenomenon)

That is what it means.

The movement of matter, the activity of life, fluctuations in consciousness, changes in society, all of these

Expansion (increase, development, complication)

It is moving in accordance with the flow of reduction (decrease, convergence, semi-purification).

Therefore, expansion and contraction activity is the only phenomenon that exists at every level of the world, unless it is treated as a fundamental common factor.

It is not possible to explain everything in a unified way.

17.2 Expansion and contraction are evidence that all things are connected

There is no such thing as a “completely isolated object” in the world.

What does it mean to be isolated?

It does not expand or contract, meaning it does not change.

But nothing remains unchanged.

Cells metabolize.

Electrons fluctuate, stars rotate, and consciousness fluctuates.

These are all accompanied by some kind of expansion/contraction activity.

There is a very important conclusion that can be drawn from this.

- The existence of expansion and contraction activity is evidence that an entity continues to be connected to other entities.

Expansion is the movement to open up relationships with the outside world, while contraction is the movement to take in information from the outside world.

In other words.

Expanding our connection with the world

Shrinking – Receiving the influence of the world

It is because of this back and forth that all things are interconnected.

What is existence?

It refers to the state in which the connection is maintained.

17.3 Why the Formable is “Everything”

As explained in Chapters 15 and 16, the deeper something is in the world, the closer it comes to visualization (having a form).

The book goes a step further and strongly defines its conclusions. Only things that can be formed (tangible) have meaning in this world.

This is because having a form is the moment when the expansion and contraction activities are balanced and something is determined to exist.

Conversely, things that cannot be formed have insufficient expansion and contraction activity and are judged to have not “reached the stage of existence.”

In other words,

The existence of something that can be tangible

Things that cannot be formalized → non-existence (latent structure)

This idea allows us to understand the existence of all things in a unified way through the power of expansion and contraction.

17.4 Proof of Eternity: Nothing stops expanding or contracting

This is the crux of the argument you present.

► As long as there is expansion and contraction activity, its existence will continue.

This can be systematically proven as follows.

There is nothing in this world that remains unchanged

Both matter and energy fluctuate, and there is no state of absolute stasis anywhere.

② Change is either expansion or contraction

Will it increase or decrease?

Will it widen or narrow?

Is information coming in or going out?

Anything that has form belongs to one of these two movements.

Therefore, there can be no existence without expansion and contraction activity.

Existence is a general term for change.

No expansion or contraction is the same as no existence.

④Therefore, everything that exists is always expanding and contracting.

Existence does not stop, existence is constantly in motion.

2) As long as expansion and contraction activities continue, everything will continue to circulate forever.

As long as change continues, existence continues forever.

Therefore,

Eternity is another name for “unstoppable expansion and contraction.”

This leads to the theory of expansionism.

Permanence of the universe

Continuity of life

Fluctuations in consciousness

Production of matter

Social circulation

Reenactment of history

I can explain everything.

17.5 All things can be integrated because they share the same nature

There is a diversity of existence in the world.

Particles, matter, life, consciousness, culture, society, history.

How can such different things be united in one theory?

There's only one answer.

All existence.

This is because they essentially share the same property of expansion and contraction activity.

As long as this quality is shared.

As long as this property is shared, entities will inevitably influence each other, create structure, and have continuity.

And here the central idea of universal monism, that all beings are interconnected and in perpetual motion, is most clearly expressed.

Chapter 18: The Cycle of Being and Non-being: The Ultimate Reduction and the Identity of All Things, Proof of Infinity

18.1 Problem formulation: the extreme of smallness and the intuition of identity

One intuition that extensional monism suggests is clear.

“When anything shrinks in a straight line, it converges to a point, and at that point, all differences disappear.”

The book elaborates on this intuition and derives two consequences from it: (A) identity at the extreme of reduction, and (B) a proof of infinity as a consequence of that.

The extreme limit of contraction refers to the hypothetical state reached when the Red Ship's movement continues to shrink. It's important to note that “extreme limit” doesn't refer to a physically observable point, but rather a conceptual limit that refers to a state

where the expansion/contraction ratio is so homogenized that it no longer produces differences. Below, we'll use this limit concept as our starting point.

18.2 Identity at the Limit of Reduction: A Logical Formulation

Formulate the first claim.

Assertion (Identity): All things are indistinguishable from one fundamental form at the very limit of their reduction.

The basis for this argument is presented in the following three paragraphs.

1. All existence is characterized by a ratio of expansion and contraction.
2. If the reduction continues indefinitely, the elements of extension (branching, difference, extension) gradually disappear, and only the minimum common properties remain.
3. Therefore, at the utmost reduction, differences are eliminated and the remaining finite qualities are recovered into the identity common to all things.

It is important to note here that identity does not mean that “the same phenomenon appears physically.” Rather, it refers to the common structure that emerges when the fundamental parameters that describe expansion and contraction (such as movement, relationships, and ratios) are reduced. In other words, the culmination of the pictorial art is a place where “universal components” are revealed through the “elimination of differences.”

18.3 The Consequence of the Same Beginning

The first conclusion is that the above identity gives rise to the illusion that “all beginnings are the same,” for if the culmination of contraction is the identity of a single point, then when expansion arises again, its starting point will have the same basis.

In other words, the origin (beginning) of each phenomenon precedes superficial differences and can be seen as differentiating from the same starting point based on the same dilational principle. Herein lies the unifying explanatory power of dilational theory – a picture in which diverse phenomena derive from a common beginning (one identity).

It is important to note that this “same beginning” does not necessarily mean temporal simultaneity: multiple genesis may occur separately in time, but their structural origins can be reduced to the same principle of expansion and contraction.

18.4 The Cycle of Nothingness: Conceptual Definition and Dynamics

Next, we define the gap between nothingness and existence.

Nothingness (non-manifestation): A state in which expansion and contraction activities are extremely reduced, tea utensils and extension disappear, and only potential commonality exists. Observable individuality is lost.

Being (manifestation): A state in which differences and structures are generated through the expansion process, and individual forms, objects, and events are made manifest.

The cycle discussed in this theory is a temporal and personal movement that goes from contraction (nothingness) to expansion (existence) to contraction again. This cycle has the following characteristics:

1. **Reversibility:** Contraction and expansion stimulate each other, and when one reaches its peak, the other tends to arise.
2. **Continuity:** Ultimate perfection does not mean instantaneous disappearance; the transition between nothingness and existence appears as a continuous movement.
3. **Temperature applicability:** This cycle is scale independent and operates from the microscopic (particles, cells) to the macroscopic (byssus, fibers).

This dynamic of “nothing → existence-nothing” is the mechanism that supports the permanence and infinity of existence.

18.5 The assumption that expansion and contraction activity always exists and its validity

The main premise of this chapter is that “there is no matter that does not expand and contract.” The task here is to explain the philosophical validity of this premise.

1. Motility: As long as there is some kind of change or interaction, it will be expressed in the form of relative increase or decrease, gap, differentiation, convergence, etc. These are all variations of expansion/contraction.
2. The Inevitability of Interrelationships: Being is defined in relation to other things. Interrelationships occur when one aspect is intensified (expansion) and another is suppressed (contraction).
3. Consistency with empirical reality: Our observations and experiences show a world in flux. Static, completely isolated states can only be conceptualized and are not observed in reality.

Therefore, this premise can be said to have sufficient support both philosophically and empirically. However, it should be made clear that the statement here that “there is no non-existent matter” is not an absolute physical proposition, but an ontological premise within the framework of expansionary monism.

18.6 “Eternity” and “Infinity” as Revealed by Cycles: Distinction and Proof

Here we distinguish between “eternity” and “infinity.”

Eternity: Temporal continuity, i.e., the property of uninterrupted expansion and contraction activity.

Infinity: quantitatively or structurally without end, or resulting in infinite repetition.

The proof in expansion-contraction monism follows the following logic.

1. Expansion and contraction cannot be stopped (discussion in the previous section).
2. Since it cannot be stopped, the motion continues through time → this is eternity.
3. As long as the ongoing movement involves the cycle of nothingness, nothingness, and

nothingness, the same pattern will continue to be repeated or varied.

4. Because the repetitions and variations have the possibility (or necessity) of continuing infinitely, structural and temporal “infinity” is assumed.

The important thing to note here is that contractive monism shows potential infinity, not necessarily the mathematical construction of “actual infinity.” However, if we assume that the cycle continues infinitely, then the whole of existence includes infinity in terms of time and structure.

Therefore, the universality of expansion and contraction activity brings about eternity, and the concept of infinity emerges as an extension of this. This is the conclusion asserted in this chapter: “The theory of expansion proves the existence of infinity.”

18.7 Applications and Direct Verification (Multi-Scale Examples)

To make the theory easier to understand, we provide intuitive examples at several scales.

Microscopic (quantum): The interactions of particle systems undergo repeated local condensation and divergence. At the limit, observable individuality disappears and is recaptured into a probabilistic, wave-like identity.

Biological: Cell division and apoptosis (death) are dynamics of expansion and contraction, and the birth and death of individuals is an example of a cycle.

Astronomical scale: Stars have a life cycle that involves gravitational contraction and nuclear expansion, eventually transitioning into supernovae or black holes. Here too, the extremes suggest a place of sameness that erases difference.

Culture and Society: Civilizations expand and collapse repeatedly. At the peak of collapse, cultural differences fade, and new emergence occurs through new reorganizations.

All of these examples intuitively support the idea that cycles of expansion and contraction operate across scales.

18.8 Responses to Objections and Presentation of Theoretical Limitations

This theory naturally has its objections and limitations. The main objections and responses are presented below.

1. Counterargument: Physics does not explain all of the expansion and contraction.

Response: Expansion-contraction monism does not aim to replace the laws of physics. Rather, it is a framework that reinterprets physical phenomena from the perspective of expansion and contraction, and provides a unified understanding of other fields.

2. Objection: The ultimate reduction is merely an unobservable abstraction.

Response: It is true that limit is a concept that is difficult to directly confirm through observation. However, conceptual limits can be treated theoretically in a coherent manner and can be supported by consistency with empirical phenomena (repeated cycles, cross-scale similarities).

3. Counterargument: Isn't the proof of infinity a philosophical leap?

Response: This chapter does not present a proof based on numerical precision, but rather an ontological conclusion derived from the universal continuity of expansion and contraction. The argument is inductive and conceptual, and it is clearly stated that it is in a different realm from scientific demonstration.

18.9 Summary: Existence as a cycle and towards infinity

The main conclusions of this chapter are briefly summarized below.

1. At the height of reduction, all things converge into oneness.
2. This sameness savors the knowledge that all beginnings are rooted in a common structure.
3. The cycle of nothingness $\rightarrow$ existence-black is an inevitable dynamic of expansion and contraction, and existence will continue as long as this band is not broken.
4. This permanence theoretically indicates temporal and structural infinity (in the form

of potential infinity).

6.

7. The theory of expansion and contraction is not merely a collection of comparative observations, but a comprehensive attempt to explain the origin of existence, continuity, and infinity through the same principle (expansion and contraction activity). This paper presents the central argument for this theory.

8.

9. Chapter 19 Mathematical Modeling of the Circulation: A Playground for Formulating the Circulation

10.

11. 19.1 Purpose and Approach of Honnei

12.

13. The purpose of this chapter is to mathematically formulate the “cycle from nothing to existence” asserted by the theory of expansion and contraction, and to (1) show the general model framework, (2) present a representative simplified model, and (3) simulate

14.

15. The purpose of this study is to propose a method of analysis and verification.

16.

17. Conceptually, the main variables are “form,” “no-form,” “strength,” and “scale.” These are expressed as order parameters** to describe the dynamics.

19.2 Primary and Order Variables (Formulation Basis)

1. Size of shape (order parameter):

Intuitively, it is a real number that indicates the “strength and manifestation of the shape”

Normalize and set (0-bin, 1-max).

2. Scaling potential/driving force: or constant

An external/internal parameter that causes expansion (divergence) or contraction (convergence). The positive/negative value and magnitude indicate the tendency to expand or contract.

3. Scale variables: (dispersed or continuous)

Represents the hierarchy from hostile to macroscopic. Mapping of hierarchy is important.

4. Noise term (probability element):

A stochastic process that represents random human or external forces.

Using these, we construct a time evolution equation.

19.3 Examples of continuous models (systems of ordinary differential equations)

19.3.1 Ultra-simple model with a single order parameter (bistable system)

The simplest framework for explaining the cycle of nothingness, existence, and nothingness is a nonlinear potential with bistability. Example format:

$$\frac{dx}{dt} = -\frac{dU(x)}{dx} + \eta(t)$$

Now take the potential to be double-well:

$$U(x) = ax^4 - bx^2 \quad (a > 0, b > 0)$$

This means that there is one stable solution, (nothing) and (something), and the transition from nothing to something with one pair occurs due to noise or changes in parameters over time. This model can simply express the notion of expansion and contraction, such as “converging to the same thing in the limit” and “reproducing it with external examples.”

19.3.2 Oscillating System (Self-Excited, Limit Ring) Model

If we consider circulation as a spontaneous periodic motion, an exciter model is effective, such as the Stuart-Landau type (complex amplitude) or the Van der Pol type relaxation oscillator.

Simplified and written in real amplitude:

$$\frac{dx}{dt} = \alpha x - \beta x^3 - \gamma y \quad \frac{dy}{dt} = \epsilon (xy)$$

Here, the slow “recovery” variable is a limiting variable, generating a periodic cycle of “nothing-nothing” (waveform). By adjusting the parameters, the shape and period of the waveform can be changed, making it possible to accommodate various scales of theory.

19.3.3 Including Scale Dependence (PDE or Hierarchical ODE) To account for scale, consider the following continuous-space model:

$$\frac{\partial x(t,s)}{\partial t} = F(x(t,s)) + D_s \frac{\partial^2 x(t,s)}{\partial s^2} \quad \forall t,s$$

Here, the scale propagation number (corresponding to the diffusion coefficient of expansion/contraction propagation) can be used to express hierarchical propagation and fractal structures.

19.4 Examples of Discrete Models (Maps): Alternation and Regeneration

Discrete time representation is suitable for “generations,” “event units,” and “historical milestones.” A typical example is logistics.

Ock map:

$$X_{n+1} = Y_{\mu} x_n (1 - x_n) + Y_{\xi} x_n$$

If we make this time-dependent, we can observe periodic, chain-like bifacial contractions within a certain range. In the chaotic region, we can see the behavior of “apparent chaos but with underlying structure,” expressing the complexity of expansion and contraction.

Furthermore, by introducing an Oka value reset type map (which resets and restarts when a threshold is exceeded), it is possible to concisely model the extreme “nothing” → reposting (reappearance).

19.5 Cycle Rate, Thermodynamic Perspective: Entropy and Expansion

If we treat the expansion/contraction process from a probability theory perspective, we can interpret it as a change in entropy or information content.

Contraction (identification) phase: Decrease in entropy (convergence of information, disappearance of differences)

Expansion (diversification) phase: Increase in entropy (increase in differences)

From this perspective, the information circulation model is “nothing (low information) → something (high information) → nothing (low information).” It is possible to evaluate the sustainability and stability of the circulation using information thermodynamic indicators.

19.6 Inter-hierarchy mapping (renormalization approach)

Since the core of scaling monism is transversality, a framework for dealing with hierarchical mapping is important. A simple form is a multiplicative mapping:

$$X(s+1) = \lambda(s) X(s) + \epsilon(s)$$

Scaling gain for each layer (enlargement/reduction rate)

Nonlinear scaling exponent (strength of self-similarity)

Hierarchy-specific noise

By repeating this mapping, fractal and self-similar patterns are generated, allowing us to analyze the numerical conditions of convergence (identity) at the extremes of reduction.

19.7 Stability analysis and derivation of extremum (identity) conditions

As an example, if we take the potential of a bistable system, the equilibrium and stability can be determined by second derivatives. The condition for reduced extremity (identity) is expressed as:

When ϵ decreases, X becomes the only stable point and the difference disappears (identification).

Conversely, if it increases, extraordinary solutions will arise and manifestations will occur. If we interpret this parameter as a proxy variable for “supply strength” or “external pressure,” the conditions for reaching identity can be clearly shown mathematically.

19.8 Simulation and Verification Procedures (Practical)

1. Define the modeling goal: clarify what you want to be “form” and “nothing” (e.g., “number of forms,” “absolute nothing”).
2. Model selection: Select an appropriate frame from the above ODE/Map/Hierarchical Mapping.
3. Parameter estimation: Estimate parameters from data (time series, scale series).
4. Numerical simulation: Generate stability analysis, phase diagrams (parameter space), orbital plots, perspectral etc.
5. Comparative verification: Statistical comparison of model output with real-world data (biological, astronomical, and social data).
6. Hierarchical validation: Check for similarity (self-similarity) at different scales (perform scale transformations! Check parameter invariance).

Recommended tools: Python (numpy/scipy), Julia, Matlab. Visualizations include time series plots, phase space projections, bifurcation diagrams, and spectral analysis.

19.9 Theoretical Implications and Practical Observation Indicators

Identity detection index: As shrinkage progresses, the distribution variance and multilevel index decrease.

“Extreme Reach” can be detected.

Simple persistence indices: Autocorrelation, entropy change rate, Lyatsunov exponent, etc. can be used to classify faults as “permanent” or “temporary.”

Testing scale invariance: Assessing the self-similarity of the theory with power laws and fractal dimension estimates.

19.10 Summary and next steps

The cycle of nothing $\rightarrow$ something $\rightarrow$ nothing can be expressed in several mathematical frameworks, such as the bistability model, the market model, the dissolution map, and the scale map, and an appropriate framework can be selected depending on the application.

It is suggested that identity (the extreme of contraction) appears under specific conditions in the parameter space, and a set of indicators can be designed to empirically detect this.

As a next step, it is desirable to select one specific data (astronomical, biological, or social) and incorporate it into the model, then simulate and verify it. If we want to make it even more mathematically rigorous, we aim to make the theory more rigorous within the framework of topological space theory, stochastic process theory, and renormalization groups.

Chapter 20: Ethics and Practice: Implications of the Scaling Principle for Human Activity

Prologue

Expansion-contraction monism is a framework that understands the movement and change of all things as the polar but complementary dynamics of “expansion” and “contraction.” This chapter discusses the implications this theory brings to ethical judgments, social systems, technological design, and the practices of individuals and groups. By referring to the theoretical background (mathematical analysis in Chapter 19) and concrete models (representative models such as the Van der Pol oscillator), we will derive and apply the principles. A practical protocol for use and evaluation is presented.

20.1 The Basic Dilemma of Expansion and Contraction Ethics

Scaling monism reframes ethics as a matter of scaling choices rather than a mere conflict of values. Here, we define two basic orientations.

Ethics of expansion: Values expanding scope, impact, resources, and scale of action. These include the common good, economies of scale in technology, and a focus on inclusive growth.

Ethics of downsizing: Emphasis on downsizing (local autonomy, precision, moderation). Sustainability, minimization of impact, individuality. Preservation of diversity is central.

The important thing Is not to absolutize one or the other, but to engage in **scale-adaptive practice** according to the situation and time frame.

20.2 Bridging theory and models: Van der Pol and the intuition of scaling

To make the abstractions of the theory concrete, this chapter refers to a representative mechanical model, the Van der Pol oscillator, which is an intuitive “laboratory” that demonstrates the temporal expression of expansion and contraction.

20.2.1 Model Overview

Van der Pol is expressed as the following two-dimensional nonlinear system!

$$\dot{x} = \mu(y - x), \quad \dot{y} = 1 - x^2$$

The parameter μ can be interpreted as corresponding to the strength of expansion and contraction. A small amplitude indicates relaxation oscillation (a significant separation of expansion and contraction), while a large amplitude indicates relaxation oscillation (a significant separation of expansion and contraction).

20.2.2 Correspondence with ethical intuitions

Small Expansion Phase: Changes are gradual and unlikely to upset the balance. This corresponds to a policy of “big improvements, slow implementation.”

Contraction/Disjunction Phase (Large): Steep transitions occur, with localized rapid changes (jumps) alternating with slower returns. This indicates the need to simultaneously manage short-term expansion followed by localized readjustment (contraction).

In practice, by observing systems with Van der Pol-type behavior, it is possible to design indicators (e.g., phase space closure, increasing transition rates) that determine when to continue expanding and when to contract and adjust.

20.3 Policy design from a renormalization perspective

This book bridges the mathematical framework of Chapter 19 (scaling operators, renormalization maps, derivation of uncertainty points and functions) into practice.

20.3.1 Scale Factors and Effective Parameters

In real-world systems, micro- and macro-behaviors operate at different scales. Renorming allows us to determine which parameters are relevant to macro-behaviors (policy goals). Once the relevant parameters are clear, interventions can be more efficient by focusing resources on them.

20.3.2 Functions and Policy Stability

The renormalization flow shows how parameter changes flow with respect to scale transformation. To ensure the sustainability of a policy, it is important to find a target invariant point (stable fixed point) and confirm that the flow in its vicinity is convergent.

20.3.3 Universal Classes and Transference Design

The concept of universality classes allows us to understand that diverse micro-implementations can produce the same macro-behavior (e.g., a stable distributed network, or a cyclical economic cycle). Policy design should aim for universally applicable design patterns, regardless of micro-details.

20.4 Practical Principles: A Checklist for Scaling Governance

1. Clarify the scale of the goal. Define what the macro goal is (public health, economic stability, self-reliance, etc.). The scale of the goal determines the scope of the policy.
2. Identifying relevant parameters: Using RG and central manifold analysis from Chapter 19, we identify parameters on which intervention is effective.
3. Multi-stage evaluation: Incorporate expansion stage (repeated and targeted) → monitoring → reduction stage (refinement, current network) into the workflow.

4. Transparent participatory process: Ensuring greater participation from affected parties is key to achieving greater impact. Reducing impact provides localized volume.
5. Antifragile design: Adopt a distributed structure that is less likely to collapse locally even under expansive pressure.
6. Multi-scale evaluation indicators: Set separate indicators for the short, medium, and long term to quantify trade-offs.
- 7.
8. 20.5.1 Emergency Priority Issues
- 9.
10. In emergency situations, prioritizing short-term expansion (relief, rapid response) is often ethically justified, but it is imperative to proactively design a reduction strategy that will compensate for the long-term costs of expansion (e.g., environmental impact, social imbalance) in the future.
- 11.
12. 20.5.2 Configuring Decision Support Tools
- 13.
14. Multi-scale Impact Assessment (MSIA): A table quantifying the impact of a policy at each scale;
- 15.
16. Scenario-Paced RG Analysis: The political and military parameters are set as , and the long-term stability is assessed through numerical simulation of the flow.
- 17.
18. Stakeholder Weighting: The final evaluation is made by weighting the stakeholder's influence on each scale.
- 19.
20. 20.6 Teaching and Experimental Protocols: Learning and Repetition
- 21.
22. 1. Interactive workshop: Alternate between scaling-up projects (e.g., introducing local technology) and scaling-down projects (e.g., resource-saving micro-experiments) and compare the differences in results.

23.

24. 2. Scale diary: Record the effects of expansion/contraction that occurred in each project, and later extract relevant factors through RG analysis.
4. Model-driven testing: Numerical experiments using Van der Pol and mapping models to improve the modeling and forecasting of policy interventions.

20.7 Case Study (Brief)

Technology diffusion (e.g., renewable energy): If expansion is rushed, there is a risk that disparities will temporarily widen. From the perspective of the RG structure, relevant parameters are subsidy allocation and the robustness of regional infrastructure, and adjusting these is the key to success.

Public health (e.g., vaccination): Long-term stability is achieved by approximating the recurrence of limit cycle waves (seasonality) with a Van der Pol-type periodicity and integrating expansion (mass vaccination) followed by follow-up (de-escalation, surveillance, local measures).

20.8. Ethical Horizons and Limits

Limitations: Although mathematical concepts are valid, social and cultural contexts are diverse. RG abstractions are useful, but they always require on-site verification and value reflection.

Ethical Horizons: Hana Yu Monism does not automatically determine value judgments. Decision-making still requires human ethical deliberation and balancing of interests, but it provides tools to structure the process and make it more robust.

20.9 Conclusions and Next Steps

The principle of diffusion bridges theoretical mathematics (Chapter 19) and concrete models (e.g., Van der Pol) and has the potential to create practical links between theory, policy, and practice. The checklist, assessment tools, and educational protocols presented in this chapter are a starting point; the next step is to identify parameters and refine procedures through empirical research (numerical experiments, field trials).